



MInd
Jan-Feb 2023

Rise of Women in the field of STEMM

COVER ART EXPLANATION AND DISCLAIMER

In India, National Women's day is celebrated on 13th February and internationally, Women's Day is celebrated on 8th March. Considering the proximity of the dates to the month of publication for this issue of MInd, it has been attempted to convey the Empowerment, Rise and Success of Women in this era as the theme for the Magazine Cover. India has been seeing a gradual narrowing of Gender Gap, especially in professional fields. However, Empowerment, Rise and Success of Women are not limited only to professional success. True Empowerment, irrespective of sex or gender, is when a person is completely in control of their own life without infringing on others' rights and freedoms. Accordingly, an empowered woman is one who can choose the life path she is intrinsically attracted to and can pursue it successfully. Hence, as it is depicted in the cover art, she can be the woman already in the role of a top Executive, or the woman choosing to stay on the sidelines and be in a supportive role, or the woman just embarking on her journey of being a professional

Atasi Roy Malakar
Cover Artist

Editorial

Greetings, dear Readers!

I am delighted to address you all through this Mensa India Magazine editorial page. As a fellow Mensan and someone from academia, I understand and appreciate the significance of knowledge and intelligence in life. I believe Mensa is a unique organization that provides an active forum for like-minded individuals to share their passion for learning and intellectual stimulation. Mensa India Magazine is a testament to this recognition.

The Magazine features articles that cover a wide range of topics, including science, technology, literature, arts, and culture. The crossword puzzles, book reviews, and other brain teasers are perfect for those who love to exercise their minds. The Magazine also includes Isolated Mind magazine and Mensa World Journal.

On behalf of the Mensa India Magazine team, I would like to thank all the members who made their creative or intellectual contributions to make the present edition of the Magazine possible. Seeing how our community comes together to share knowledge and insights that help us grow and learn is heartening. Let us continue to inspire each other and strive to improve the world through our collective intelligence.

Sincerely,

Shalini Aggarwal, Ph.D.

Editor-in-chief

Mensa India Magazine

Editorial Team:



Shalini Aggarwal, Ph.D.

Post-doctoral fellow at Weizmann Institute of Science, Israel
Mumbai Mensa

She has done her B.Sc. (H) in Microbiology, Delhi University. She qualified IIT-JAM with all India rank 40 and completed her M.Sc. in Biotechnology from IIT Roorkee. She secured a Ph.D. position at IIT Bombay with the highest score in the entrance exam. She has two patents on diagnosing infectious diseases like malaria and COVID-19. She has multiple publications, including research articles, review articles, and book chapters. She is reviewer in multiple peer-reviewed journals like Nature's communication biology. Apart from academics, she is a taekwondo and chess athlete, a proud member of MENSA India since 2010. Dr. Shalini is also the founder and host of [Anukarniya](#).

Atasi Roy Malakar

Cover artist of the Magazine

Junior Engineer, South Eastern Railways,
Kolkatar Mensa

I created the cover art along with symbolism explanation. I am a Civil Engineer by profession, but at heart, I am just an explorer trying to figure out how to live life in sync with my ever-evolving life philosophy and at the same time heal my inner wounds and help the world be a better place by being a responsible member of society. I am currently working on my self identity so I am unable to provide any better description about myself.

Acknowledgement:

We would like to thank Imtiyaz for always being there to answer any doubt we had or information we required, during the whole process. We would also like to thank Kishore ji, Utkarsh, Shriram, Tushar, Sahil, and Kiran K. for helping.

This edition wouldn't have been possible without your support. Thank you!

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1. General Introduction about MENSA

1.1 About MENSA

Candidates can join Mensa by appearing in supervised IQ Test conducted by trained Mensa Proctors at various locations across India. Tests are at present conducted at Delhi, Mumbai, Kolkata, Pune, Chennai, Bengaluru, Ahmedabad, Indore, Hyderabad, Shillong etc. Candidates who score more than 98 percentile in the supervised IQ test are eligible to join Mensa and are invited to join.

One can also join by submitting a report of any of the IQ tests approved by Mensa. Test has to be conducted in presence of a certified psychologist. The report is ratified by our National Supervisory Psychologist before inviting the candidate to join Mensa.

Benefits of joining MENSA:

When you join MENSA, you join because you are in the top 2 percentile of people. However, you will remain in MENSA because of the diversity and the various opportunities to engage deeply in subjects that interest you with smart people who have similar interests.

There are Special Interest Groups or SIGs in short that are formed by people who are deeply interested in something and wish to have friends with whom to share these interests and dive deep in. If there is a group that you want to be part of, but it is not yet formed, be the torchbearer! Some of the Special interest Groups are -

MENSA India (MI) special interest Groups

S.no.	National SIG	Information	Admin
1	MI Ancient Wisdom	<i>Ancient knowledge, Archeology</i>	Minouti Kamat Sayali Potnis
2	MI Art and Design SIG	<i>Art and Design</i>	Ameya Mahale
3	MI Astronomy SIG	<i>Astronomy</i>	Sudhanva Joshi Rupesh Sangoi
4	MI ATMAA (The MuSIG)	<i>Music</i>	Bela Raja Nidhi Upadhyaya
5	MI Book SIG	<i>Books</i>	Nidhi Upadhyaya Ujjval Goury
6	MI Humans & more	<i>Parenting & more</i>	Bela Raja Priyanka Gada
7	MI Innovation.ScienceTech	<i>Science, Technology & Innovation</i>	Minouti Kamat Amit Shah
8	MI Invest SIG	<i>Investment</i>	Prawal Potnis Qadir Varawala

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S.no.	National SIG	Information	Admin
9	MI Math SIG	<i>Math</i>	Rajvardhan Mohite
10	MI Mensafirs	<i>Travelling</i>	Sahil Bablani Vinda Sanzgiri
11	MI Nature + LENSEA SIG	<i>Photography</i>	Ravi Shroff Durva Mayee
12	MI Puzzles SIG	<i>Puzzles</i>	Leon Pereira
13	MI Writings & Meanderings	<i>Expression through writing</i>	Bela Raja Tushar Ajgaonkar
14	MI Young Mensan {10-19 years }	<i>For Young Mensans</i>	Yuval Gupta

Regional special interest Groups

S.no.	Mumbai SIG	Information	Admin
1	Marathi Mensa	<i>Marathi</i>	Minouti Kamat
2	Mensa ESG	Enviromental & Social causes	Purushottam Ghosh Minouti Kamat
3	Mensa Fitness SIG	<i>Fitness</i>	Raunak Onkar Saikat Dutta
4	Mensa Food SIG	<i>Food</i>	Sharon Misra Ameya Mahale
5	MENSA Mumbai Tokyo	<i>Twin Town Project</i>	Unmesh Divan Sarita Joglekar
6	Mensa Movies SIG	<i>Movies</i>	Sarfaraz Memon Pallavi Saple
7	Mensa Mum Puzzle	<i>Puzzle</i>	Shivam Nayak Ujjwal Rane
8	Mensa Networking SIG	<i>Networking</i>	Rajvardhan Mohite
9	Mensa Politics & Religion	<i>Politics & Religion</i>	Prawal Potnis
10	Mensa Positive	<i>Positive thoughts</i>	Manish Balwani

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S.no.	Mumbai SIG	Information	Admin
11	Mensa Sports SIG	<i>Sports</i>	Anish Rajgopal Sutapa Dhar
12	Mensa Video Gaming SIG	<i>Video Gamers Unite!</i>	Saumya Dave Yash Mittal
13	Mensa Youngsters Group	<i>age below 25 years</i>	Lekh Parekh Aarav Reddy
14	Pensa	<i>Pens and more</i>	Indraneel Pandit Nirav Sanghavi
15	The safety valve SIG	<i>Sharing & Healing</i>	Geetanjalee Naniwadekar Vinda Sanzgiri

The more one contributes, the more vibrant the experience becomes. You will find friends across all ages who have interests as quirky as you have or even quirkier!

Notwithstanding the fact that the community of MENSANs is composed of business people, corporate executives, students, artists, trainers – most of whom are quite good at their craft.

At present Mensa India doesn't provide scholarships but there are various scholarships offered by Mensa International (to explore more, [click here](#)) and other Mensa chapters, for which members of Mensa India can apply (click here). One of the recent winners of [Mensa Foundation International scholarship](#) from India were Charu Maheshwari & Aisha Jamal.

There is a YouTube channel by MENSA international Gifted Youth committee – [click here](#) for more information.

1.2 Initiatives by MENSA India

1.2.1 Project Dhruv: Underprivileged gifted child identification and Nurturing program of MENSA India Delhi

It is so wonderful to see these children, who we selected when they were in classes 7 to 9, turn into confident young men and women. The morale and financial condition of their families have changed for the better, and at least in one case, the mindset of an entire village has taken a U turn. In Anjali Prajapati's village, girl children are now seen as an asset rather than a liability. We feel grateful and privileged to have been able to help them reach here.

Currently we have 300 Mensa Dhruv Scholars. Now we have received donations to commence our Mensa Dhruv Prayagraj. Will be conducting our Mensa IQ test for 2,000 underprivileged eleven to fifteen year old children, in orphanages and NGO run schools here, and selecting 40 of the most promising as Mensa Dhruv Scholars.

The income level of the parents of these scholars is below Rs. 24,000 per month. Some parents are earning much less than this, and, in one or two cases, existing only on government welfare schemes.

Through our program, we are doing the following:

1. We remove financial worry from the children and their parents. We pay them a stipend and even help families with financial assistance when needed. During Covid, we had to help quite a few such families.
2. We pay for books.
3. We take care of all their healthcare expenses.
4. We have given them tablets and laptops along with internet connections.
5. We have a counsellor available for those who need her services.
6. We have spoken English lessons.
7. We have arranged extra classes in their school for those who need tutorials.
8. We take the scholars on excursions. This increases their exposure and also help build connections.
9. We have team-building, leadership and motivational exercises conducted by a professional company.

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10. We keep in touch with all the scholars. They know that they can trust us to be there for them, regardless of the problem or the time of the day. This also gives them a sense of belonging. This sense of belonging to something larger than their limited circle, and the trust that will help them when needed, goes a long way towards removing their stress levels and helping them achieve their full potential.
11. We do career counselling and we pay for university education, provided the scholar qualifies for a good enough college.
12. We help them prepare for competitive examinations.
13. We encourage senior scholars to mentor junior scholars.

Those who wish to see what we do can visit our website www.MensaProjectDhruv.in. Short video to know what we do can be accessed through [this link](#).

Here is a very small sample which illustrates the transformation Mensa India has helped bring about. As I mentioned, this is just a summary introduction, not their detailed stories but it does show how inspiring the impact has been. Poverty is the common thread but their stories are all unique.

(We have taken approval from all these Mensa scholars to use their pictures and stories in our report.)



Gayatri: comes from a very poor family. Her father is a rickshaw driver. They live in a garage and the family takes care of the house-owner's house in return.

Once, when Gayatri's grades started falling, I spoke to her to find out the reason. She said that the landlord had gone away on a long trip and had not paid the electricity bill. The power had been disconnected and she could not study at night. She had tried to study under the streetlight, but it was very hot and there were too many mosquitoes.

I offered to pay the electricity bill but they did not have it. Gayatri is currently in the 2nd year of her nursing college. She will be a certified nurse in another 11 months.

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Manisha: is a neighbour of Gayatri's. She is currently in the second year of her 3 year Nursing course at the Indo American College of Nursing and is doing her internship in a hospital. She will be a registered Nurse in 2024. Manisha's father is a guard in a farmhouse.



All these children have grown up under a lot of stress which saps energy and self-confidence. They usually live in single rooms with their families. One of our scholars, Varsha, shares a public tap with 30 other people and has to queue up at 5 am to fill water. Fathers are often alcoholics and domestic violence is not uncommon. One child's mother had to run away one night with her mensa scholar daughter, to another town because of this. We are educating Aditi away from her father.

One of our most brilliant scholars was molested by her own father and was living in an orphanage where we tested her. She is doing her Masters in Fine Arts now. So many other very satisfying stories. As I mentioned earlier, we are indeed fortunate to walk along with these children on their life-journeys.

Kishore Asthana

On behalf of project [Dhruv team](#)

1.2.2 Tribal Mensa

TMNP, an emerging chapter of Mensa International, is an initiative working to identify and nurture gifted children among tribal populations in India. The Mission of 'Tribal Mensa' is to establish a platform for underprivileged gifted children across India for developing & utilizing their full potential.

We aim to enable and empower these children to become future leaders. We believe that there is a strong need to recognize gifted youth, as their accomplishments, potential, the capacity to lead, their concerns about the world, and their ability to think creatively are in fact national assets.

Once identified these children are nurtured through a series of activities designed to ensure maximum learning and development of the child's mind and body.

To ensure that every child receives the nurturing they deserve, we provide individual counselling and conduct teacher training programs and workshops at regular intervals to enhance the quality of education.

Flagship projects –

1. **VAMA:** It is believed that once the women of the house is educated, she will enrich and uplift the whole family. TMNP VAMA Project is focusing exactly on this. We identify and nurture Gifted girls in the age group of 14 to 16 years to become future flagbearers of the society. This project is mainly conducted girls schools and is highly successful in places like Kanya Shala, Wai, Maharashtra and Maharshi Karve Stree Shikshan Samstha, Pune.
2. **YUVA:** With a focus on the Gifted youth, TMNP YUVA is a wonderful platform for the young adults to express and explore their talents. Poster projects focusing on academic, health and social issues, Brain storming sessions etc are the core of this project. Being Human foundation has wholeheartedly supported this initiative and help spread it to many schools in Lonavala and Pune region.
3. **MAHINDRA:** TMNP has partnered with Mahindra to identify and nurture the Gifted children in the rural areas of Kuruli, Kharabvadi, Talegaon, Bhamboli, and Chakan. This project was launched on 2013 and since then almost 5000 children were screened and more than 500 have been identified as Gifted. These children have been handed over TMNP Workbooks and undergone the nurturing program. Mahindra and TMNP are working hand in hand to ensure a real change and raise better leaders for tomorrow from these remote areas.

4. **PAVANA**
5. **PALI:** In western Maharashtra, the village of Pali is eagerly waiting for TMNP! We have conducted the Mensa screening test and identified 45 Gifted children. We have handed over a set of workbooks to these children and are eagerly waiting for funds to start our Nurturing Program.

Enhancing Programs -

1. **Bal Yogesh:** Under this project, gifted students will learn Yoga and how to teach Yoga. They will be trained in basic Yoga Philosophy and Asanas. The syllabus includes 32 Asanas, introduction to basic Pranayama techniques along with the basic introduction to Yoga Philosophy. The intervention is for two months and in all 8 sessions of two hours each. After completion of Yoga Intervention, a small examination will be conducted and Yoga Parichaya Certificate will be given to each candidate.
2. **Gifted Counseling**
3. **Study Skills**
4. **Eco Tours**
5. **Residential Workshops**
6. **Scholarships:** TMNP Gifted children come from the rural and underprivileged sections of the society. In many cases, the children want to pursue their formal education but are unable to do so due to lack of funds. TMNP Scholarship programs are available for such students. Their education fees and cost of books are partly or fully paid through this program. The students are in constant touch with our mentors to help them complete their education with best possible results. Sometimes we are not able to realize what we are able to give is so little, but which can make a huge difference in someone's life. Scholarships are the best example of this.
7. **Tribal Teacher Training Program:** Understanding and handling of gifted children's needs is an ongoing task and for a better result, we need support from the school staff. To tackle this issue, we have developed the Tribal Teacher Training Module with the help of Manas Tatva. The training has in all 12 contact hours in three months. It is divided in Orientation, Training & Follow up. Along with this training each teacher gets individual counseling session, if required.

Success Stories

Every child that undergoes our nurturing program realizes his Giftedness and his potential in life. This realization itself gives them a lot of confidence to push themselves to achieve more. Since the program is focused on non-academic skills it is a bit tough to measure it every time. Increase in the retention rate of Gifted children in school, their higher confidence and social skills, better observation, analysis and problem-solving itself is a great success for TMNP.

Somnath Bhawari - identified as gifted in 2007 with a score of 99+ percentile. He was a popular leader since childhood, organising school events and directing plays. We are proud to see him converting his potential to real life application by becoming a Police Constable with Maharashtra Police!

Mayuri Lokhande - <https://youtu.be/AMRTrc0rW1Y>

Chinmayee Kulkarni - <https://youtu.be/X6A4kRMbcIY>

If you want to Support: Our team is eagerly looking forward to further support from individuals, foundations, and organizations to create the resources and opportunities necessary to meet the needs of these valuable young people. We need your support in taking this to the next level and tapping all the potential that India has to offer. Here are some ways in which you can help us.

- A. **Be a Tribal Mensa Ambassador:** Help us spread awareness about Tribal Mensa in your schools, offices, residential societies and other social circles. We can help you organize talks, fun games and interactive sessions about our activities. Encourage people to visit our website and 'Like' our Facebook page. Increasing our reach is a big challenge for us and TMNP Ambassadors are our biggest bet. As the word spreads, there will be more people who will support us financially and in kind.
- B. **Our workbooks for all:** Our workbooks are designed for parents with smart kids, who believe in Non-academic nurturing beyond studies, encouraging brain development, strengthening indigenous core values and providing global exposure. These books do not have any page numbers or content column. One can start from any page and no preparations required. You can play it alone or with a group of friends. Explore the pictures and there is no right or wrong.
- C. **Donate:** We urge you to contribute towards reaching out to many more Gifted minds. The donation process is very simple as follows: Step 1: Email us a copy of your PAN card to tribalmensa@gmail.com

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D. Corporate Sponsorship: Corporates pick up a big chunk of our costs. Every year hundreds of children are benefitted from the TMNP sponsored by Large Corporates, Foundations and smaller Organizations. The Corporate Social Responsibility undertaken by these groups will help increase our reach. If you would like our TMNP team to share more details for a CSR initiative in your organization, please write to us and we will be happy to work with you. TMNP is extremely thankful to all our Corporate Sponsors for their continuous support.

Lead and managed by Dr. Narayan Desi and [Tribal Mensa Team](#)

**Information is taken from <https://tribalmensa.org/about/>.*

2. Poems

1.3 *Of Life, Of Love & Of the Spirit*

Dream not of Today...

Dream not of today, my child, for how can tomorrow be yours if your dreams do not pave the way. Dream not of today.

Today is for living on the dreams of the past. Do not hold fast, do not sigh, for times gone by.

The future is magic-land, this you must know, and if you dream but of today you can never go, where wonders await that were made so, by your dreams now & a while ago.

Dream your dreams, of the morrow, beyond the toil and the sorrow, past days gone by in worry and strife, past long hours of mundane life.

Dream on and may your dreams sing and dance & laugh & say, they're yours and will stay, waiting near, till tomorrow's here, and fresh dreams foresee new joys for you & me, that are yet to be.

Let your dreams shape your world, not of today but tomorrows to come, which are but the simple sum, of what you dreamt, what you dream, and what you will, when you borrow a little of tomorrow, to hold in your heart and mould with your mind, the very world you wish to find, when today's tomorrow is today, and tomorrow is another day.

Dream your desire and let it go to wait in its time anchored by your spells, vivid and true, your own welcome, waiting just for you.

So,

Dream not of today, my child, for how can tomorrow be yours if your dreams do not pave the way. Today is dreams already dreamt, tomorrow awaits your say.

Dream not of today, my child,

Dream not of today....

Winterlove

On days of shivering, frozen breaths, on nights of gloom, a thousand deaths, lend me your laughter, lend me your smile. Come sit with me, tarry a while.

When the mist gathers and the days are dark, come light my fire with your spark. When my soul is cold and I want you here, be close to me, be always near.

Just sit with me when I am low. Pull me away from life's undertow. Let us be together, let your light shine, in your winter and on mine.

The Eternal You & Me

Step into my silence, softly, for here, undisturbed by thought, the Eternal lives.

Leave your loves, your hates, your fears with your shoes at the doorstep and bring into my silence, not a whisper, no, not even your name, your body, mind.

No hymns are here, no sacred chants. Incense, sacrifice matter not. Reverence was but is no more. The path has ended at the door.

Here is no name, no label, marque that brands you, you and me, me. Here all are one, and one is all.

Come, step into my silence, softly and see

That I've always been you and you, me.

By Kishore Asthana

1.4 Two Gingerbread Men

*Once upon a time were two gingerbread men,
One was called Fudden and the other Farhen.
One was a woman and one was a man,
Both of them had escaped from a frying pan.*

*Once as they feared a fox they had seen,
He asked both of them, "How have you been?".
Both said they were fine, unaware what then,
Then they realised it when the fox took a pan.*

*The fox ate the men made of gingerbread,
It was delicious, but little had he read
That he was a fox of some different kind
When he ate the men he dropped down and died.*

*The two gingerbread men put the fox to its death
The Gingerbread City finally escaped that fox named Seth
So that was the end of the nasty old fox,
The people cried and cheered as they put the men in a box.*

***By Kiaan Sawant
11 years
Young Mensa***

1.5 Moon Oh Moon

Moon oh moon

I want a boon

Please give me immortality

I shan't experience fatality

I'll show my friends

That I won't tend

To ever bend

When I see my fiends

Moon oh moon

Don't come soon

If you come near

I'll smell fear

For you crash on our planet

(I don't think it will can it?)

So please just will you stay afar

I'm happy if you look big as our star.

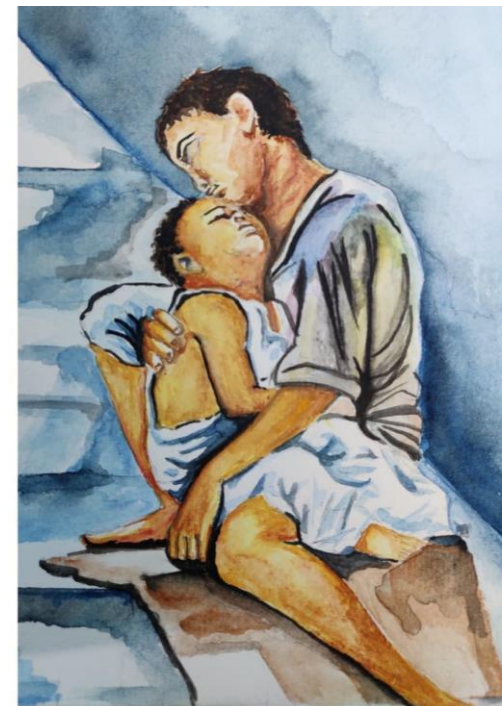
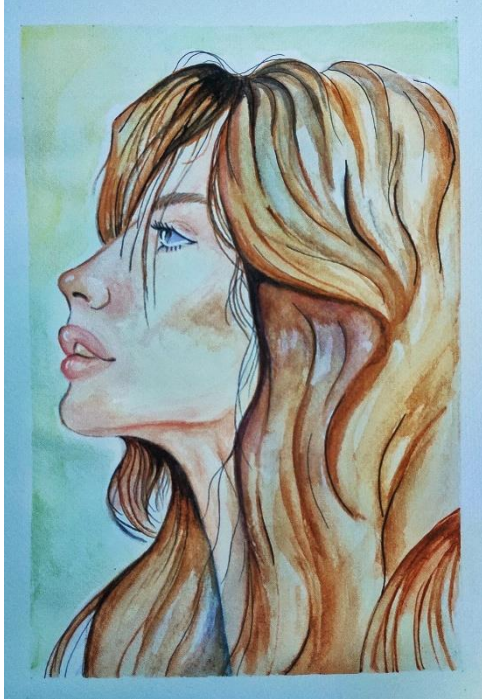
By Kiaan Sawant

11 years

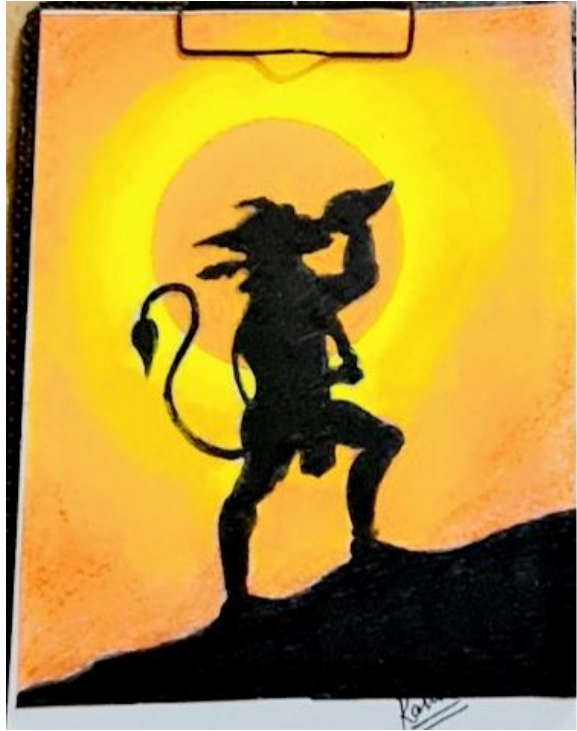
Young Mensa

3. Artwork: Drawings and paintings

1.6 Drawings

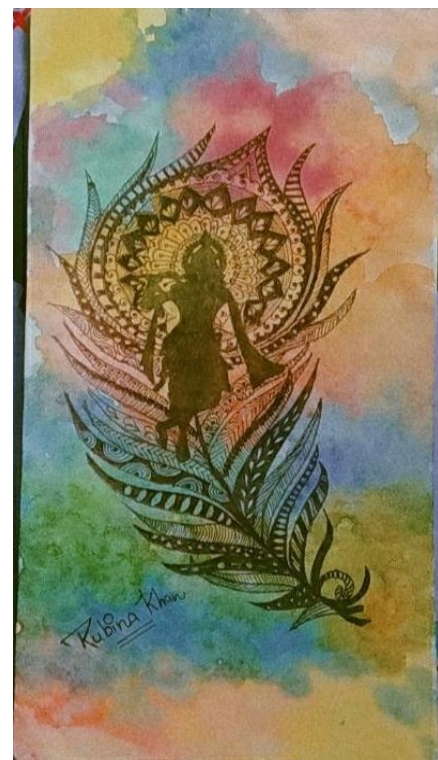
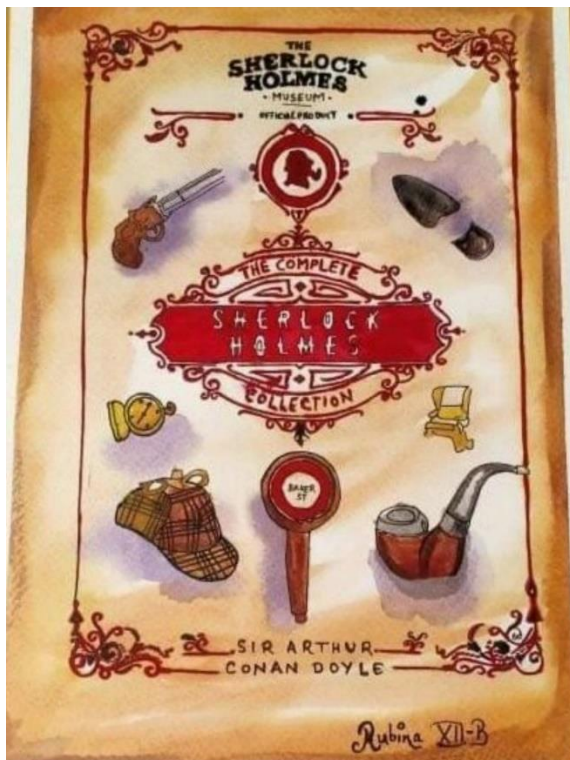


*Saurabh Mishra
20 years
Dhruv Mensa Chapter*



*Rahul Lohia
17 years
Dhruv Mensa Chapter*

1.7 Paintings



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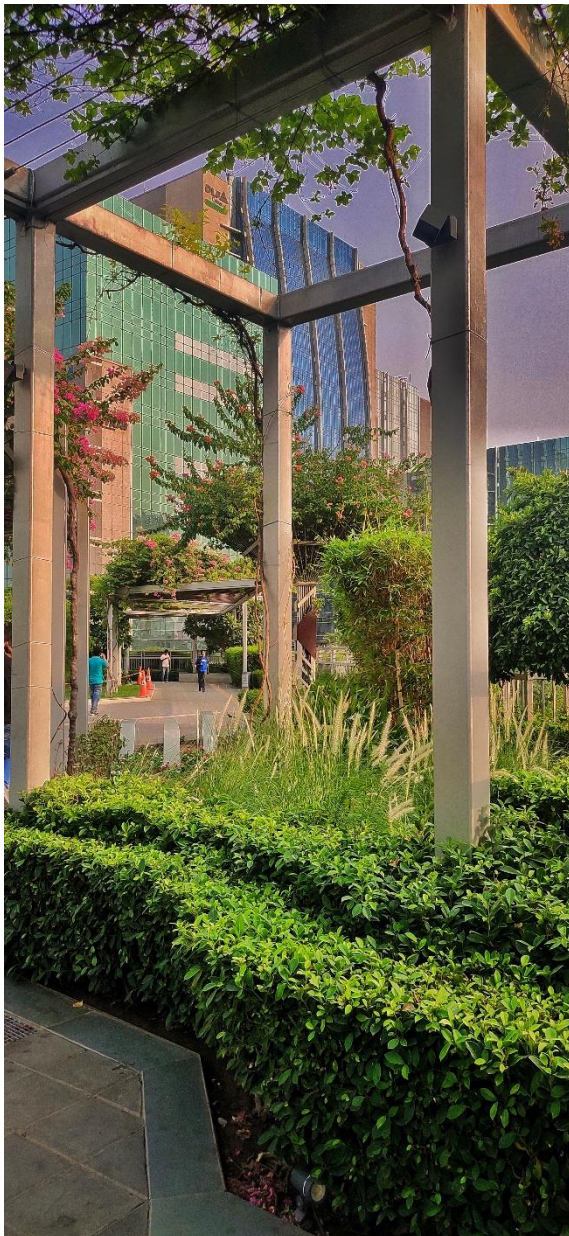


*Rubina Khan
17 years
Dhruv Mensa Chapter*



*Interaction of Emotions
Krishna Jha*

1.8 Photography



*Saurabh Mishra
20 years
Dhruv Mensa Chapter*



Rupesh Sangoi

4. Articles

1.9 History of Women in surgical field

The history of women as medical and surgical practitioners stretches back to at least 3500 B.C. Wall painting in tombs and temples of ancient Egypt show them performing surgical procedures and there is also evidence that women surgeons were practicing in ancient Sumeria, Babylon, Greece and Rome.

Women were forbidden from practising surgery during the middle-ages. Henry VIII, during his regime, had proclaimed that “No carpenter, smith, weaver or woman shall practice Surgery”. In fact, when a Charter was granted for the Company of Barber Surgeons, women were barred from it.

But did these harsh decisions really prevent women from practising Surgery? Certainly not! There is evidence to show that women would practice surgery in Mesopotamia in 3500 B.C.E. Flint and bronze instruments have been discovered in the grave of Queen Shubad of Ur. Aesculapius, the son of Apollo had 4 daughters. All of them were physicians. Aspasia was a Greco- Roman female Surgeon, whose unique surgical techniques were described by Aetius in his book- ‘Tetrabiblion’. This book served as the main Surgical text in Europe into the 11th century. Dr. James Barry was an Army surgeon who was discovered to be a woman after she died. She had to impersonate as a man in order to be able to practice Surgery.

Before we have a look at the first women surgeons of the world, let us try to find out about the early woman physicians who broke down the barriers of the Society and defied the prevalent norms and started studying Medicine.

Elizabeth Blackwell was the First Female Physician in the United States of America. Her candidature for entry into the Medical School was not based on her merit, but was subject to a vote by her fellow students. And she was successfully voted into the school only because the other men in her class thought that ‘she would never succeed’. Of course, she gave them a fitting reply by graduating with a Gold Medal! Unfortunately, in spite of a Gold Medal to her credit, she could not get a job as a doctor and ultimately ended up serving as an Obstetrical nurse, away from her homeland, in France.

There are well documented stories of sheer grit and determination shown by some other ladies to become first female physicians in their countries. Anandibai Joshi was the first female physician from India. Emily Jennings Stowe was the first female Physician from Canada. Keiko

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Okaini from Japan and Sabat Islambouli from Syria were the first ladies to have studied Medicine from their respective countries. In 1865, Garrett Anderson received the LSA, making her the first woman in the UK to legally qualify as a doctor. She then set her sights on gaining a qualification in surgery. With this, let us now come to the earliest female Surgeons who made their mark.

Mary Edwards Walker was the first Female Surgeon in United States of America. She became the first Female Surgeon in the US Army, but not before she had served for several years as a nurse.

Emma K. Willites was the first woman to Head a Surgery Department. She worked as a member of the Surgical staff of the Paediatrics Department. She became the Chief of Department of Surgical Diseases of Children. In 1921, she became the Chair of Department of General Surgery.

Jennie Smillie Robertson was the first recorded female Surgeon from Canada. Since Canada did not offer internship or residencies to women, hence she had to complete her residency from Philadelphia. She performed the first major Gynecological surgery in a private home. She also established the Women's College Hospital.

Dame Louisa Aldrich-Blake is regarded as the UK's first qualified female surgeon. She was the first woman to obtain a Master of Surgery degree in 1895. Aldrich-Blake worked at the New Hospital for Women and the Royal Free. During the First World War, she volunteered as a surgeon at a field hospital near Paris, where she removed bullet fragments from war torn soldiers. Aldrich-Blake researched and pioneered new surgical methods to treat cervical and rectal cancers. In 1903, her paper on a new procedure to treat rectal cancer was published in the British Medical Journal.

Mary Poonen Lukose was an Indian gynecologist, obstetrician and the first female Surgeon General in India. She obtained her undergraduate medical degree from London and went on to complete her specialization in Gynecology and Obstetrics by completing her MRCOG Degree from Dublin. She worked for several years in the United Kingdom. She was the first woman legislator of her state and was also the Acting Surgeon General for the State of Travancore. She is said to be the first woman Surgeon General in the World.

Today we see many women excelling in the field of Surgery. Even super specialized surgical branches have women surgeons. But it is the hard work and struggle of these legendary women that has paved the way for the progress that we see today.

References-

1. *History of women in Surgery: 41st Annual Seminar of The American Academy of Cardiovascular Perfusion, February 5 –8, 2020*

2. *Rebels, groundbreakers and trailblazers: the first ladies of surgery. DOI: 10.1308/rcsbull.2020.356*
3. *History of women in Surgery: Sisir Mazumdar.*

Dr. Amit Desai
Mumbai Mensa

1.10 Anukarniya: A Flame of Inspiration (Season 2 - Podcast Series)



At some point in time, we all have asked ourselves, "What if I knew it before? Things would have been so different today!" at crucial junctures of our careers. Many of us get the needed exposure and guidance at a later stage of our lives, resulting in much more struggle to achieve the dream and, in the worst case losing the will to continue for the dream. There are millions of young minds asking the same question we once asked ourselves and are fighting the same battles that we once did. History doesn't have to repeat itself; the cycle needs to break.

'Anukarniya' is a Sanskrit word that means an exemplary one. Your failures, achievements, and mistakes shape your career and make you who you are today; an Anukarniya, a fighter, and a dreamer. Anukarniya is one such initiative that aims to guide the struggling youth through the story of failure and success of those who are now living their dream and bring awareness about the opportunities available to help them rise towards their goal.

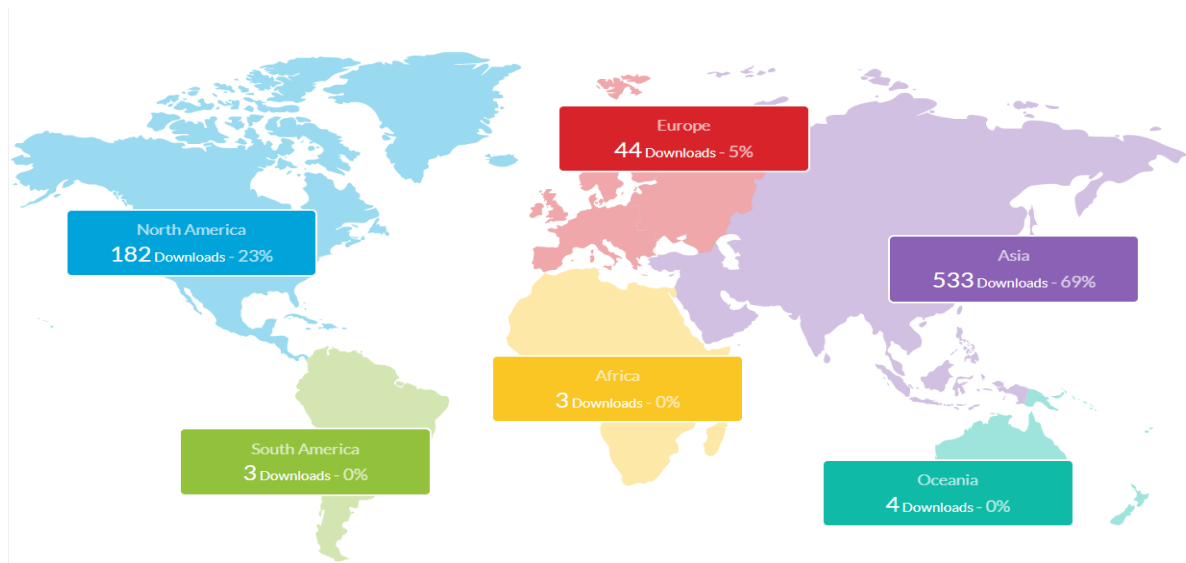
Two international organizations viz. 1MWIS (1 Million Women in STEM) and MENSA India support the initiative to make our mission possible. 1MWIS is a vital initiative that brings various experts on a single platform for youth to get inspired and follow, and MENSA India has numerous initiatives which facilitate tribal and rural youth in acquiring education. Hence, with such exemplary members, we aim to reach out and bring forth inspiring personalities with stories of their incredible journey from failure to success.

If you think you are an Anukarniya ([speaker's invite](#)) or know someone who is, you can reach us at anukarniya@gmail.com, and to volunteer for the cause, [click here](#). Our initiative has been featured in "Yuva Ranabhoomi," a monthly magazine of India, to support and guide the youth. To read the article and know more about the team, [click here](#). To learn more about 1MWIS, [click here](#).

Rise of Women in the field of STEMM

Thanks to all the listeners and speakers for their support and love in making Anukarniya a big success. After the success of season 1, we are here with Season 2. The four major goals of this season are –

1. Guidance to the youth to know the path towards their career goal in STEM
2. To disseminate the knowledge about scholarships in the speaker's field of expertise per episode
3. To discuss the possible ways to face failure because we are taught how to aim for success but not how to deal with failure, and
4. The new addition to this season is the discussion about the "Role of career breaks and importance of Hobbies or extra-curricular activities."



The global range of Anukarniya's listeners

To access Season 1, you can use the following links –

1. Buzzsprout – <https://www.buzzsprout.com/1255607>
2. Mumbai Mensa page - <https://mensamumbai.org/podcasts/>

Some of Anukarniya's speakers and volunteers came together to write a chapter in the book, "[Empowering Women in STEM](#)," containing information about scholarships or initiatives by the government of India at different stages of a career in a woman's life.

Dr. Shalini Aggarwal
Pen name: Gargi
Host and Founder of Anukarniya
Mumbai Mensa

1.11 The Palit of street hawkers

A street hawker goes early in the morning to purchase new stock from a distributor. After that, they come with vegetables and other items in their baskets. And they sell their fresh vegetables and other items in the market or elsewhere.



They have to do work the whole day. And need to interact with people to sell their vegetables & others items. After doing this work, they became mentally & physically tired.

In this era, if you are responsible for your family's livelihood, your age doesn't matter whether you're a child or a senior citizen, even in the worst weather.

Rise of Women in the field of STEMM



Usually, they suffer from financial conditions because they fail to make a profit, so they cannot fill their basic needs. And sometimes, they have to face food insecurity.



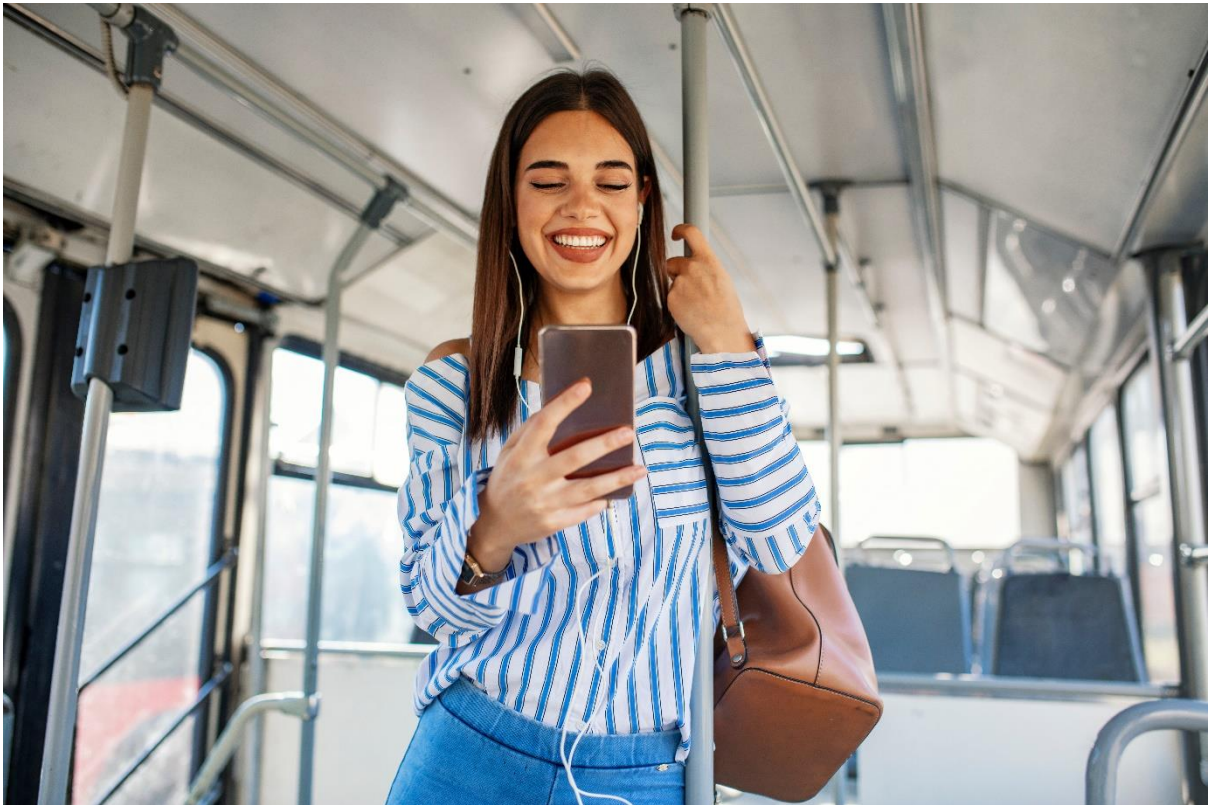
Rise of Women in the field of STEMM



In some cases, they don't have a permanent place to sell out their vegetables & others items. They suffer emotionally when they are in debt to moneylenders and cannot full fill their family needs.

*By Rupesh baitha
20 years
Dhruv Mensa Chapter*

1.12 Top 5 benefits of listening to audio dramas while traveling



Who doesn't love a good drama series? Whether it's the thrill of a mystery, the heartache of a romance, or the intensity of a political thriller, drama series have a way of sucking us in and keeping us on the edge.

We indeed crave some entertainment, especially when we are tired after a long day's work, and carrying out the same old routine, or by traveling for hours to reach back to your home after a long day at work, our eyes have strained by staring at screens all day.

The stress on the eyes, poor Internet connectivity, peak hour crowds on locals, rails, metros, and buses, traffic jams, and more such factors shouldn't stop us from escaping into the mystical worlds of stories. It's time to tune into the world of audio dramas.

What is Audio Drama? Audio drama is a form of storytelling that uses the medium of sound to convey a narrative. It typically involves voice actors performing dialogues, sound effects, and music to create an immersive listening experience.

Also known as radio dramas, they play with sound modulations, and verbal descriptions to help the listeners imagine what they listen to. You can say, you are witnessing some kind of horror, romantic, or thriller drama happening across the wall.

Audio dramas were widely popular from the 1930s to the 1980s, until television took over FM broadcasting. Remember 'Chaya geet' and 'Hawa Mahal', they had a way of luring the audience, families would huddle around their radio sets for these audio stories to begin at 8:00 pm sharp.

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These audio series have the power to take you into a world of imagination that's unrevealed and unexplored.

Benefits of listening to Audio Dramas

Audio drama is one of the best forms of storytelling. They come to the rescue especially when you have no scope to watch a movie or a show. Like when you are exercising, driving, cooking, walking, or staring at your work screen but your mind wants to wander elsewhere. Especially when you are traveling, either you are driving or you are traveling a distance with poor internet networks where videos won't stream.

Since you can't always watch videos, you can instead immerse in a story of your preference, while being engaged in your activities. So put on your [Headfone](#) and let the power of sound transport you to magical worlds and get lost in your imagination.

1. Your Commute Partner

Audio dramas can be your best traveling partner. Whether you're on a plane, train, or car, whether you are riding a bike or a bicycle, distance gets shorter if your mind is engrossed. They can be an especially pleasant diversion whenever you are stuck in traffic jams.

Headfone has various audio dramas you can relish while riding your bikes over a long distance, you may get lost in the adventures of [Son of Ponni](#), or cruise in the fictional Viratkhand with the [Master Thief](#).

2. No Screen Entertainment

Remember the good old Akashwani days? or have you heard about it from your parents or grandparents? Back in the 70s and 80s when television was a luxury, audio dramas ruled every Indian household. Between work, social media, and streaming services, it's easy to spend hours on end, goggling at screens. But all that screen time can take a toll on our mental, physical & social well-being.

Staring at screens for long periods can cause a range of eye problems, including dry eye, blurred vision, and headaches. That's where 'no-screen entertainment' comes in. It refers to audio shows, podcasts, stand-up shows, audiobooks, and more.

Listening to audio shows allows us to give our eyes a break while still being entertained. These shows allow us to enjoy engaging content without straining our eyes or being tied to a screen.

In addition to eye strain, excessive screen time has been linked to poor sleep quality. The blue light emitted by screens can disrupt our natural sleep patterns and make it harder to fall asleep at night. Long hours in front of light-emitting displays damages the retina over a period. By

Rise of Women in the field of STEMM

switching to 'no screen entertainment' before bed, we can give our brains a chance to wind down and prepare for sleep.

In this era of health consciousness, maintaining healthy eyes is an integral part of a healthy lifestyle. Headfone is a fresh break from laptops, LED screens, and smartphones yet 100% entertaining.

3. Easy Access

Another advantage of audio drama is that it can be easily accessed through a variety of devices, such as smartphones, tablets, and portable speakers. That is what you call entertainment on the go. You can enjoy audio dramas no matter where you are, as long as you have access to an internet connection.

Audio entertainment apps, such as [Headfone](#), allow users to purchase and download audio dramas and audio shows to their devices. And access the pre-downloaded stuff when you have limited or no access to the internet.

This comes as a boon to people who are always on the move and don't always have access to a screen and internet. It also works well when you are riding a two-wheeler, where you cannot access the screen but can listen with your ear-pods or earphone.

Overall, the ease of access and portability of audio shows make them a convenient and enjoyable form of 'no-screen entertainment'. So if you're looking for a way to reduce your screen time and still be entertained, give audio shows a try.

4. Enhance your Power of Imagination

Audio dramas stimulate the imagination and improve visualization skills through descriptive language and vivid imagery. They provide a unique form of storytelling that exercises and enhances the listener's imagination.

What makes audio dramas distinct is that it does not require any visual work. Audio has its way of keeping the audience hooked. When you are engrossed in listening to the dramas your brain instantly starts imagining what it listens to, hence your conscious level almost doubles as compared to when you are watching something. While watching videos your brain is not occupied with imagining the words it listens to, hence the level of consciousness is low.

An awesome audio series can be hypnotically addictive! With no actual visuals like TV, computers, or smartphones, the listener is free to conjure up any image she wants to have. Great sound effects, ambient sound, explicit verbal deliveries, music, etc. create the mental picture that videos fail to do. And the best part everyone will have a different image in their minds.

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When your brain can imagine what it hears it gives a laying impression on your mind and you get 100% entertainment.

Audio dramas are a kind of blessing for commuters because it relieves them of their entire days' fatigue and exhaustion while on the go. You would reach home fresh because while on your way back you had a good dose of entertainment, and your world of imagination has already freshened you up. So, when you can only see traffic jams and crowded locals around you, close your eyes, tune into a good audio drama and imagine what makes you happy and relaxed.

The key to audio drama is that it makes the listener an active participant, not just a passive 'couch potato'.

5. Variety of Audio Content

One of the great things about audio entertainment is the variety of content that is available. Headfone has a plethora of audio content that covers a wide range of topics and genres including thriller, horror, self-help, romantic, sci-fi and comedy.

Overall, the variety of content available in audio shows means there is something for everyone to enjoy. Whether you're interested in current events or history, whether you prefer fiction or facts, or something in between, there is an audio show for you.

Audio dramas can also be a great way to improve your skills. Audio series like [Habits](#) are designed to help listeners with their personal development. When you find it difficult to take out time to sit and watch lessons, you can make the most of your traveling time and listen to audio series that will help you enhance your knowledge or aid in your personal development.

If you are a young commuter just out of college or still studying, dramas like [Reply Please](#) and Doctor Doctor are very relatable and every young guy around has experienced something like this at least once hence it gets easy to imagine what you hear, or just go back the memory lane with Priya from Reply Please.

Shows like [Danny](#), and [Siddha Island](#) are nerve-biting, and jaw-dropping. The narration will keep the thrill and mystery alive from the start to the last bit. Every sentence is so beautifully delivered that you can elaborate and imagine what you hear and experience the thrill of listening to horror shows, or mysterious thrillers.

The Ultimate Audio Drama app

With Headfone, you can easily browse and discover new audio dramas, or search for specific shows and titles using the app's intuitive interface. The app also offers personalized recommendations based on your listening history, so you can always find something new and exciting to enjoy.

Rise of Women in the field of STEMM

Headfone is the go-to platform, where you can dive into a world of diverse content and genres. No matter what your interests are, the Headfone audio drama app has something for everyone.

Swati Agrawal
Mumbai Mensa

5. Book Review

1.13 I am Zlatan Ibrahimovic

The book is not just about the footballer Zlatan but about the naughty kid, the son, the brother, the husband, and the father. The book is as feisty as his game is on the field, and he has not held back his emotions and put out his life as it has been, so the book feels unique in many ways. Even people who do not have strong opinions about Ibra the player, some of them might end up with a strong feeling about Ibra the person; if that sounds like magic, it's just Ibracadabra.

How many superstars would talk about the buzz from breaking rules, driving cars at 300-350 kph to avoid cops or stealing bikes just for fun? Who mentions chucking illegal fireworks into people's homes for fun? Which footballer would accept wanting the higher transfer fee against his name to boost his ego, even though there is nothing wrong with the thought?

Zlatan's footballing journey started when he joined Malmo, and he mentions the challenges he faced there in terms of being accepted in the team and how he had his issues there, being considered as an unfit person per the club culture. He remembers being called into the first team and writes: "Welcome to the first team, lad," he continued, and honestly, I cannot describe the feeling, not in a million years. He never looked back since, moving from one stage to another, often a bigger one. The book covers his journey across multiple clubs, from Malmo to Ajax, then Juventus, Inter Milan, Barcelona and AC Milan.

In the book, Zlatan freely speaks about his interactions with the media, his teammates, managers and even club owners. There are interesting snippets about the who's who of the football world, players and managers included. You need to read the book for Ibra's opinion on some of his managers, that include some big names such as Capello, Mourinho and Guardiola.

There are interesting anecdotes about his transfers and contract negotiations, including how he refused Arsenal a trial as a teenager or how he negotiated an Enzo Ferrari for himself – a car that only had 399 of them ever made. His concept on the Enzo is: "It gives me the feeling I've got to work harder to deserve it; it prevents me from being complacent".

The book captures his journey from his childhood to an advanced stage of his career. He has also spoken about his experience as the national team player, where he had relatively lesser than at the club level. He remains the highest goal scorer for the Swedish national team.

Rise of Women in the field of STEMM

There might be an updated version covering some of his more recent clubs, but the book I read took it to 2011-12, when he joined AC Milan. He has since moved to a few more clubs where he kept scoring goals and won more trophies. I'll look up a recent version and read about his life in the US and in Europe between PSG, LA Galaxy, Man United and Milan (again).

I would recommend this book to people wanting to read an honest but fun memoir which also shares life lessons without getting preachy. A must-read for sports fans, even those who think they know Zlatan. The book helps us meet Ibra the human being, not just the footballer, and can have a magical feel; Ibracadabra indeed!

Shashank

6. Crossword

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DOWN

- 1) A person who likes foreigners and foreign customs etc.
- 2) The supporting and water conducting tissue.
- 4) Turn red as if in embarrassment or shame.
- 5) The countries of Asia.
- 6) Ethane
- 7) Communicate with and within a group
- 8) Remove and replace.
- 9) Male goat
- 15) A quality of extreme unpleasantness
- 17) Echo again and again
- 19) Romanian dictator
- 20) To say by way of derogation or contradiction
- 24) Three people considered as a unit
- 25) A bottomless gulf or pit
- 26) Move with a whistling or hissing sound
- 28) A positively charged electrode by which electrons leave an electrical device

ACROSS

Rise of Women in the field of STEMM

- 1) Being five more than thirty
- 3) Start line in darts
- 6) I don't know
- 10) The state of non- existence
- 11) A traditional story accepted as History
- 12) A small inflamed elevation of the skin
- 13) A humorous drama based on situations that might arise in day to day life
- 14)Hand held computer
- 16) Inactivity and lack of energy
- 18) Know your customer
- 21) A mutual fund that is traded at a stock exchange
- 22) A slight push or shake
- 23) A personal view
- 25) Totality, Completeness
- 27) A victory cheer
- 29) The original matter that (according to the Big Bang theory) existed before the formation of the chemical elements.
- 30) Egg – laying
- 31) Stale and unclean smelling
- 32) High flavor, strong scent
- 33) An excavation; usually a quarry or mine

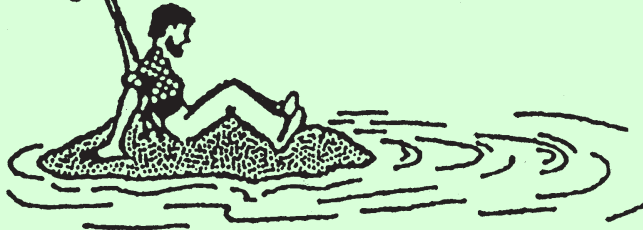
Rise of Women in the field of STEMM

Solution:

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O		E		L		M		T		E		W		T
12P	I	M	P	L	E	S		13S	I	T	C	O	M	S
H				Y		O				H		R		
14I	P	15A	D		16A	N	E	17R	G	Y		18K	Y	19C
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21E	T	F		22N	U	D	G	E	S		23I	D	E	A
		U		D				C		24T				U
25A	L	L	N	E	S	26S		27H	U	R	R	28A	H	S
B		N		R		W		O		I		N		E
29Y	L	E	M	S		30O	V	I	P	A	R	O	U	S
S		S		A		S		N		D		D		C
31M	U	S	T	Y		32H	O	G	O		33M	E	N	U



ISOLATED M



March 2023 - Volume 50 Number 3

Wit and Wisdom Spanning More Than Forty-Nine Years

Editor's Notes

In this issue we have "Becoming Unstuck" by Colleen Criss Eagle, "July 4, 1977: Mr. Follower" by Sharon Winters, "Pyramid Scheme" by Ronald Allan Charles, musings, and other items of possible interest.

We have a need for flash fiction, artwork and articles (adventures, exotic places, humor, isolation woes, photo essays, etc.) for upcoming issues. Please send your submission to Lida E. Quillen publisher@twilighttimes.com with subject line IM. Deadline is the 5th of the month. *We need letters!* Letters to the Editor should also go to Lida.



Waterton National Park

MEMBERSHIP REPORT

SIG membership on February 7 was 542. In addition, the March LGR will go to 653 Direct International Mensans. Two new members this month.

Welcome on board! Please consider writing a Letter to the Editor telling us about yourself and/or what you've been up to.

Welcome new and returning members!

Reace Stanford—Albany, GA

Harold Shuckhart—Minneota, MN

March Birthdays

Jeanette Allen

Darwyn Klatt

Stephen Borg

Gilbert Krebs

Walter Boyles

Susan Lorimer

John Buck

Dave Lovell

Joanne Clark

Simon Mezgec

Bob Crawford

Tomoyuki Nakamura

Tiffany Everett

Jennifer Reed

Julianne Gutzmer

Kirsty Roberts

Thomas Hally

Robin Rosewood

Diana Helenna

Danyu Shi

Gitel Hesselberg

Ed Stepp

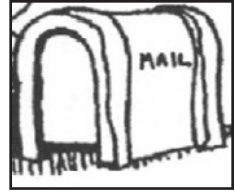
Johannes Horler

Jaime Stieler

Lynne Killgore



Mailbox



New members please feel free to introduce yourselves. Long-time members, please write and let us know what you've been up to. Send your letters to publisher@twilighttimes.com.

Starfish

Hello, and thank you for all your hard work on behalf of *Isolated M*. Here is something I recently wrote... for publication in the newsletter. Best regards,
Andrew Lampenfeld, Piedmont, CA

A few years ago I read a short inspirational story. It goes something like this:

During low tide, a tourist visiting a beach saw hundreds of scattered starfish on the sand, and it appeared that they were doomed to starvation, dehydration, suffocation, or being eaten by birds. He saw a man walking along the beach, picking up starfish and throwing them back into the sea.

The tourist said to the man, "There are too many of them; you cannot possibly make a difference."

The man, not slowing down, threw another starfish into the water and replied, "I made a difference to that one."

Sometimes I imagine (to a degree) life as being kinda like a beach with starfish on it. When I say "starfish," I generally mean people—but am also willing to include most nonhuman living organisms.

Even though there will always be un-tossed starfish, a person can occasionally toss one at a time. I believe we should make at least some effort to do this.





Maja Ramirez of Chicago, IL shared a photo, "Rightside up IS Upsidedown."

Mensans in the News

Pennsylvania boy, nine, becomes one of the youngest ever high school graduates

"A nine-year-old boy from Pennsylvania who loves science and computer programming has become one of the youngest ever high school graduates, and he has already started accumulating some credits toward his college degree.

"...David, a member of the high intelligence quotient society Mensa, has done one semester at Bucks county community college since graduating from Reach charter."

<https://www.theguardian.com/us-news/2023/feb/05/nine-year-old-boy-graduates-high-school-david-balogun>

March Is Women’s History Month

"Every year, March is designated Women’s History Month by presidential proclamation. The month is set aside to honor women’s contributions in American history."

<https://www.womenshistory.org/womens-history/womens-history-month>

"Happiness is when what you think, what you say, and what you do are in harmony." ~ Mahatma Gandhi

Becoming Unstuck

Colleen Criss Eagle

It was an ordinary lunch—leftovers, in this case chicken tenders from a local fast food restaurant—that turned into an extraordinary experience. I know the importance of taking small bites, of chewing thoroughly, of washing it all down with a nonadult beverage. That's because, like most of my siblings and many others related to my mom's side of the family, I have a swallowing problem.

I recall both Mom and Grandma politely excusing themselves from the table to go somewhere private to cough up something that was inexplicably stuck. As I've since learned, this tendency to have eosinophilic esophagitis is related to food allergies or sensitivities, and it runs in families. The biggest offender for me tends to be hot poultry—so I really should have known better that day to be careful—although I blame various food additives rather than the poor fowl.

For me, the problem usually manifests as a painful annoyance—similar to a short-lived hard lump in the throat brought on by emotional pain—or at worst, a social embarrassment which requires leaving the room quickly to dislodge whatever has become stuck. I will leave the details to your imagination.

Previously, the longest I'd gone without being able to swallow anything—not even a sip of water—had been 12 hours. Following that episode last year, I saw a gastroenterologist for a throat stretching procedure, which doesn't actually do anything to your throat, but widens any constricted area of your esophagus.

But I was extra hungry that day, and that not-so-tender chicken was extra crispy. When my esophagus spasmed, making it impossible to swallow, I was pretty disgusted with myself. I sat down to wait it out, growing ever more miserable. After 24 hours my hubby stepped up to take charge. No, not the Heimlich maneuver. I wasn't choking. I just could not keep anything down. Not saliva. Not even a sip of water. I agreed to an appointment the following morning for an endoscopy, the soonest I could be seen. By then, I figured, the crisis would have passed, but maybe another throat stretching was in order.

I was told not to drink anything past 6:30 AM. Ha! I wish that instruction had been relevant. I stayed up all night, gingerly attempting to swallow some water every hour—even past 6:30, I'll admit it—but without success. By the time I was readied for the procedure it had been almost two full days, and all I could think about was how incredibly thirsty I was. I felt sympathy for anyone suffering from any kind of addiction where their body's most important goal became satisfying that need, that craving. I let my imagination conjure up tall icy glasses of spring water, of my favorite water bottle glistening with tempting condensation, of the shimmering jugs of juice at home in the refrigerator.

No, I told the surgeon, I don't have any food stuck in my esophagus. How could I? I've been throwing up for two days. I was wrong. I still don't know how that was possible—not that I was infallible, but it didn't make sense then and still doesn't that food could actually be stuck. But I had a life-threatening

blockage that was resolved thanks to excellent medical care, a little anesthetic, and a clever chicken-plucking tool, AKA an endoscope.

Even before I was released from recovery, I downed two large glasses of water and three glasses of juice. What a wondrously incredible feeling to swallow a full glass of water and have it flow unobstructed all the way to my stomach! That enormous sense of relief and pure joy isn't something I'll ever forget.

That was such a profound and freeing experience that it got me to thinking—what else can I get unstuck from? What else in my life could be stuck in my craw, as that old saying goes, keeping me from enjoying life to its fullest? Possibilities bubbled quickly. A habitually messy desk...stacks of books and magazines begging to be read...hesitating to say yes to opportunities for fun and adventure.

In the short time since my esophagus became physically unstuck, I've been making the effort to get unstuck in other areas. My hubby and I made two trips to Phoenix, one to see a car show where my son-in-law won a trophy, and a second trip to enjoy the Desert Botanical Garden, something we'd been wanting to do for years. As an added bonus we saw the annual Celebration of Fine Art show in Scottsdale. (That was rarified atmosphere for us, and when I saw the price tags on the paintings and sculptures, I barely dared to breathe the air in case it would somehow show up on a credit card.) The following weekend we saw a musical comedy presented by a local theater group, and attended a fun tribute concert celebrating the music of Elton John and Billy Joel. Plus, we have tickets to an upcoming show at our local planetarium and dinner tickets the following week to a presentation at the Phippen Western Art Museum. I'm saying yes to life.

I'm loving this feeling of being unstuck. And unless I'm kidding myself about my good intentions, I'll soon be able to venture into the deep waters of serious office cleaning.

Just don't expect me to eat fried chicken!

(Ed. note: Colleen's mother, Darlene Criss, served as *Isolated M* editor from 1984-1994.)

Call for Submissions

We have a need for flash fiction, photos and articles (adventures, exotic places, humor, isolation woes, photo essays, travel woes), etc. for upcoming issues. Please send your submission to Lida E. Quillen publisher@twilighttimes.com with subject line Isolated M or IM. Ideally, articles should be entertaining, informative, humorous, educational or some combination thereof. Deadline is the 5th of the month.

Letters to the Editor should also go to Lida with subject line IM.

July 4, 1997: Mr. Follower

Sharon Winters

Hello fellow Mensans. What follows is a story from my book: *Cutted Chicken in Shanghai*. Martin is my husband and Mr. Yang is the man assigned to drive us around Shanghai. The Metro is the Shanghai version of Walmart. Enjoy!

Martin and I need to buy groceries, and Yang drives us to the Metro. When I take a grocery cart at the front door a Chinese man starts to follow us. As we find the items we need, we place them in our basket, and this guy, Mr. Follower, is right behind us.

Then, as I'm wheeling our grocery cart down the canned goods aisle, a Chinese woman leans over my cart and sticks her head in my basket. She gawks at the food in our cart and then looks at me with a baffled look. I'm as baffled by her reaction as she is by my groceries.

Chinese bakery shops don't make tortillas, and until Martin has a business trip back to the States and can stock up on tortillas, he will have to find some bread that he might like.

I push our grocery cart behind Martin because this is the only way I can keep track of him—outside of putting a GPS ankle bracelet on him. Martin likes to wander off in a grocery store, and sometimes I spend more time looking for him than shopping. When Martin and I find the bakery section, Mr. Follower is still tagging along.

Martin takes a loaf of bread off the shelf and examines the Chinese characters on the wrapper as if he is checking the grams of carbohydrates on the label. I don't bother to tell him that he is holding the bread upside down. Martin nods to himself, purses his lips, and puts the loaf in our cart. Is Martin ready to leave the store now?—No.

Martin returns to the bread section and crosses his arms. Mr. Follower steps up to the bread shelf and takes down the same bread Martin has just put in our cart. Martin uncrosses his arms, takes the loaf of bread out of our basket, and puts it back on the shelf. Mr. Follower also puts his loaf of bread back on the shelf.

Martin stands with one hand poised on his chin and then walks over to the shelves with dinner rolls. He selects a package and examines the rolls, front and back and front and back and... I think I'm about to go mad right here, right now. Can he not make up his mind? Decide and go forth. Isn't that the battle cry of men and their motto?

Martin puts the rolls back and selects another package of rolls. The second package of rolls looks just like the first package of rolls, and then he does the twirling thing again. I watch the rolls as Martin turns them over and over and over until he finally puts them in our basket. Thank you. Can we go now?

When Mr. Follower takes a package of the same rolls, Martin takes the rolls out of our cart, puts them back on the shelf, takes down a loaf of bread, and puts the loaf of bread in our basket. Mr. Follower puts his rolls back and takes the same kind of bread off the shelf that Martin has just put in our cart.

Now, I'm hovering over the basket, waiting and ready for Martin to make his move. Martin starts to reach into our cart, but before he can even touch the most recently favored selection, I snap up the loaf of bread and say, "Marty, come on! This could go on all day."

If you enjoy stories about China, you will enjoy reading: *Cutted Chicken in Shanghai* available on Amazon.com

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<http://www.SharonWinters.com>

Pyramid Scheme

Ronald Allan Charles

As a youngster, I didn't know much about pyramids except that they were in Egypt. I never imagined I'd see and even go inside the Great Pyramid of Giza. But when you are hitchhiking around the world and get to Egypt, why not go for it?

It was at the Cairo Youth Hostel, a houseboat tied on the bank of the Nile River with bunkbeds for travelers, where I met Yoshi Shimada. I had recently begun my nearly eight-year backpacking adventure that would take me to 83 countries. Had I not met Yoshi, a Japanese hitchhiker like myself, I likely would not have reached the Orient. I wanted to go there to study Judo and see that part of the world.

Yoshi, as we traveled together on a deck class ship to Lebanon, taught me the backpackers' route—hitchhike through Middle East, take buses in Afghanistan, enjoy dirt-cheap trains through India, fly from Calcutta to Bangkok, and take the \$69 Messageries Maritimes cruise from there to Japan, with stops in the Philippines and Hong Kong. That cruise included a bunk in a shared cabin and all meals, including red wine.

Thinking about trains in India—second-class cost half as much as first. Third-class was half that. And if you had a student ID card, which I did, it was half again that amount. Of course, cars were packed with mostly standing passengers and a few chickens, but hey, the price was unbeatable. That's how Mahatma Gandhi traveled, third class without reservation. If it was good enough for him...

I'd blow up my air mattress, put it in the long luggage rack above the seats, and stretch out reading a James Bond book, occasionally gazing down at the

sweltering mass of humanity. India has that, and heat, too, especially high up in the luggage racks. It was pure, though raw, adventure.

Before leaving Egypt, I visited the pyramids, even inside one through the narrow passage to the pharaoh's sarcophagus. Afterwards, I sat for a photo



on a camel. After walking around under the watchful eye of the Sphinx, I decided to ignore the DO NOT CLIMB signs and ascend the pyramid. I climbed a few stone blocks when I heard the security guard's whistle. He ordered me off. I had been a cadet at The Citadel, the formerly all-male military college of South Carolina, and knew the importance of obeying orders. I felt a kinship to

the nearby Sphinx, too, since that is the name of The Citadel's yearbook.

When doing research for this article, I learned that the current penalty for offenders climbing pyramids is three years in an Egyptian prison. I have no idea what the penalty might have been in 1968 when I was there. There's a story on the Internet about Andrej Ciesielski, an 18-year-old German tourist who climbed the Great Pyramid of Giza in 2016. Besides being exceedingly dangerous, climbing can cause wear or damage to the ancient monuments. Ciesielski was released from arrest on the grounds that he was ignorant of the anti-pyramid climbing laws. Huh? Did they remove the DO NOT CLIMB signs? He promised to never climb a pyramid again and was banned for life from Egypt. If you go to this link, you can see what he and Yoshi saw and what I missed: <https://www.travelandleisure.com/travel-tips/offbeat/egypt-bans-tourist-pyramid-climb>

When nearly a year later I reached Japan and found Yoshi, we had many adventures to share. He'd hitchhiked from Lebanon across Syria. Back then, not long after the Six-Day War with Israel, Syria wasn't fond of Americans, so I had to take a 20-minute plane hop to Jordan and begin hitchhiking across the Great Jordanian Desert on my way to the Far East. I was near, in the Near East, but that wasn't close enough to quench my thirst. In the desert, thirst is ever a consideration. My trip was much longer than Yoshi's.

At his home in Japan, Yoshi showed me photos taken at the top of the pyramid. He had ignored the guards, then waited till after dark to descend, outlasting them. He had to have planned this pyramid scheme before scurrying on his way to the heavens. If security or any of the Pharaoh's faithful followers had pursued him, Yoshi probably would be very fluent in Arabic by now.

After years in countries of the Orient, I slowly wended my way home by way of Africa, the communist countries, and Scandinavia. I eventually got to Mexico, where I climbed the not-so-steep steps of Aztec pyramids near their capital. Unlike Egypt's pyramids, which are smooth, Mesoamerican pyramids feature steps. The Pyramid of the Sun and Pyramid of the Moon aren't as majestic as Egypt's, but they were fun to visit. They weren't fun thousands of years ago for those sacrificial victims who gave their hearts to make the trip. Aztec priests at the top wielding razor-sharp obsidian blades sliced open their chests, then offered their still-beating hearts to the gods and let their bodies roll.

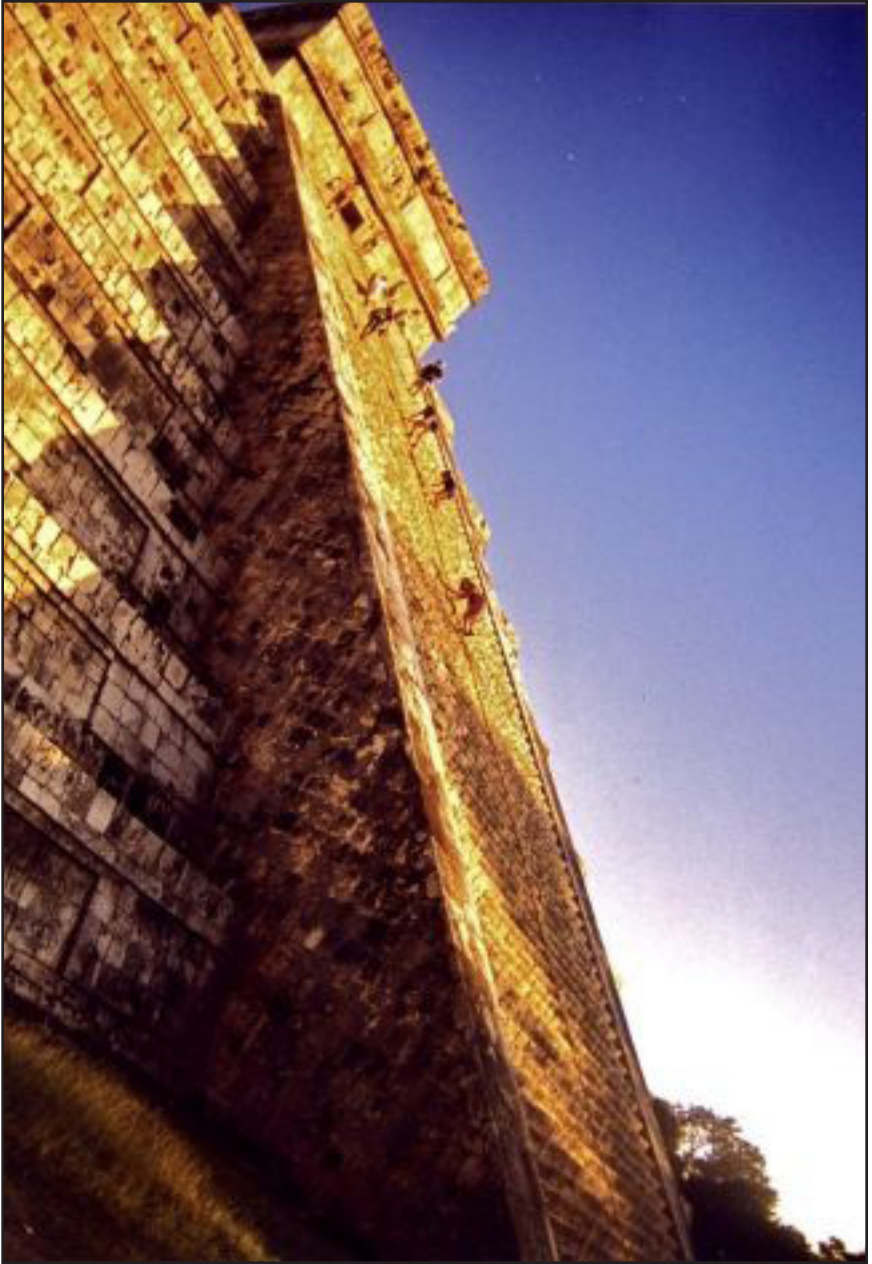
More interesting Mexican pyramids are at Palenque and Chichen Itza on the Yucatan Peninsula, where Mayans had conducted their own bloody religious festivities. On my first visit, I was permitted to go inside the passageway to the burial chambers. Nowadays it's not as easy, if at all, to go inside. Nevertheless, all are worth seeing.

On a subsequent trip, I was accompanied by my personal navigator Cheryl Frances Ellis who, though she has earned black belts in Judo and Jujitsu, is not fond of danger, especially falling from high places. She can fall from a Judo throw, but that's doable. I persuaded her to ascend all the major Pyramids in Mexico. Uxmal Pyramid was steep. She very carefully climbed Chichen Itza, even steeper.



There was a chain from top to bottom that people could grab to steady themselves.

Cheryl clung to that for dear life, both going up and descending backwards. You can see her exhibit the agility of a mountain goat in most of these photos. Her pyramid scheme was not to let go of the chain.



“Money can’t buy happiness, but it can make you awfully comfortable while you’re being miserable.” ~ Clare Booth Luce

Musings in the Desert

“No person was ever honored for what he received. Honor has been the reward for what he gave.” ~ Calvin Coolidge

“A man who prides himself on his ancestry is like the potato plant, the best part of which is underground.”
~ Spanish Proverb

“The good Lord set definite limits on man’s wisdom, but set no limits on his stupidity—and that’s just not fair!” ~ Konrad Adenauer

“Why does a slight tax increase cost you two hundred dollars and a slight tax cut save you thirty cents?” ~ Peg Bracken

“If politicians and scientists were lazier, how much happier we should all be.” ~ Evelyn Waugh

“I have learned to use the word *impossible* with the greatest caution.” ~ Werner von Braun

“A bank is a place that will lend you money if you can prove you don’t need it.” ~ Bob Hope

“An appeaser is one who feeds a crocodile—hoping it will eat him last.” ~ Winston Churchill

“Beauty is how you feel inside, and it reflects in your eyes. It is not something physical.” ~ Sophia Loren

(Credit: *Isolated M* Mar. 1991)

Why do we celebrate women’s history month?

“We celebrate Women’s History Month to remind ourselves of the accomplishments of women throughout the years to our culture and society. From science to politics, it is a chance to reflect on the trailblazing women who lead the way for change.”

<https://people.com/human-interest/womens-history-month-facts-explainer/>



Trivia

Double the questions, double the fun.

Quotations: who was quoted in the following quotes? (And from what, or where, or when.) Thanks, Dan! E. Bunny Warsh. (answers on page 14)*

1. "God's in his heaven—All's right with the world."
2. "Had we but world enough, and time. / This coy mistress, Lady, were no crime."
3. "The lady doth protest too much."
4. "Give me your tired, your poor."
5. "I sing myself, and celebrate myself."
6. "But I have promises to keep and miles to go before I sleep."
7. "Listen, my children, and you shall hear."
8. "But in this world nothing can be said to be certain, except death and taxes."
9. "To be great is to be misunderstood." and "A foolish consistency is the hobgoblin of little minds."
10. "Shoot if you must, this old gray head."
11. "So you're the little woman who wrote the book that made this great war."
12. "The mass of men lead lives of quiet desperation."
13. "*Ihr Racker, wollt ihr ewig leben?*" (Rascals, would you live forever?)")
14. "That's one small step for a man, one giant leap for mankind."
15. "Man is by nature a political animal."

* According to the Oxford Dictionary of Quotations, 3rd Ed.

(Credit: *Isolated M* Mar. 1991)



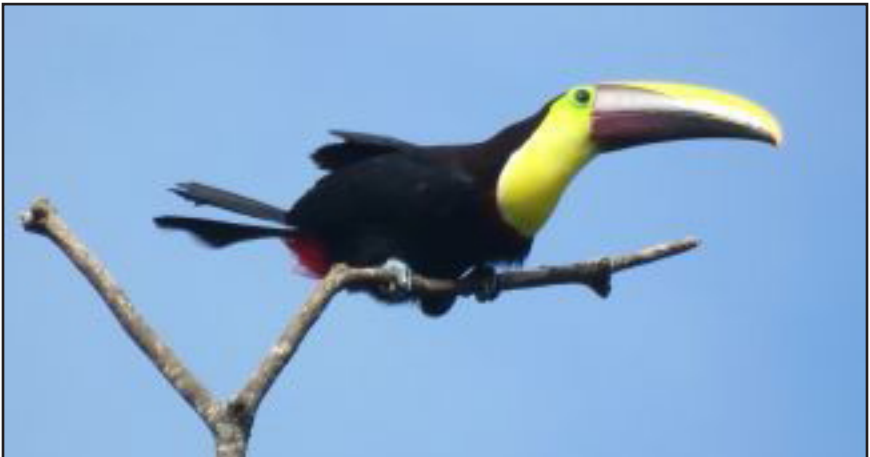
Trivia Answers

- 1.** A small Italian girl, Pippa, in a poem, “Pippa Passes” by Robert Browning.
- 2.** First line of “To His Coy Mistress,” by the English poet, Andrew Marvell.
- 3.** William Shakespeare, in *Hamlet*.
- 4.** “The New Colossus” by Emma Lazarus. It appears on a plaque at the base of the statue.
- 5.** “Song of Myself” by Walt Whitman.
- 6.** Robert Frost, in “Stopping by Woods on a Snowy Evening.”
- 7.** From “Paul Revere’s Ride” by Henry Wadsworth Longfellow.
- 8.** From a letter to Jean Baptiste Le Roy, 13 Nov. 1789, Benjamin Franklin.
- 9.** “Self-reliance,” an essay by Ralph Waldo Emerson.
- 10.** “Barbara Frietchie,” John Greenleaf Whittier.
- 11.** Carl Sandburg, who attributed the words to Abraham Lincoln, spoken to Harriet Beecher Stowe, referring to her book, *Uncle Tom’s Cabin*.
- 12.** From *Walden*, by Henry David Thoreau.
- 13.** Frederick the Great, when the Guards hesitated, at Kolin, 18 June 1757.
- 14.** Neil A. Armstrong, on landing on the moon, 21 July 1969.
- 15.** *Politics*, Aristotle.

Feghoot

Some claim that Juan Carlos de Bourbon is a rather handsome man. This comes as a surprise to most observers of royalty who believe that the reign in Spain falls mainly to the plain.

(Credit: EMWIFORM, Joyous Jubilant Jitske, ed., *Isolated M* Mar. 1991)



“Life is a long lesson in humility.” ~ J. M. Barrie

Musings

“Once you replace negative thoughts with positive ones, you’ll start having positive results.” ~ Willie Nelson

“March bustles in on windy feet and sweeps my doorstep and my street.”
~ Susan Reiner

“It does not matter how slowly you go as long as you do not stop.”
~ Confucius

“Spring is nature’s way of saying, ‘Let’s party!’” ~ Robin Williams

“Pessimism leads to weakness, optimism to power.” ~ William James

“Get your facts first, then distort them as you please.” ~ Mark Twain

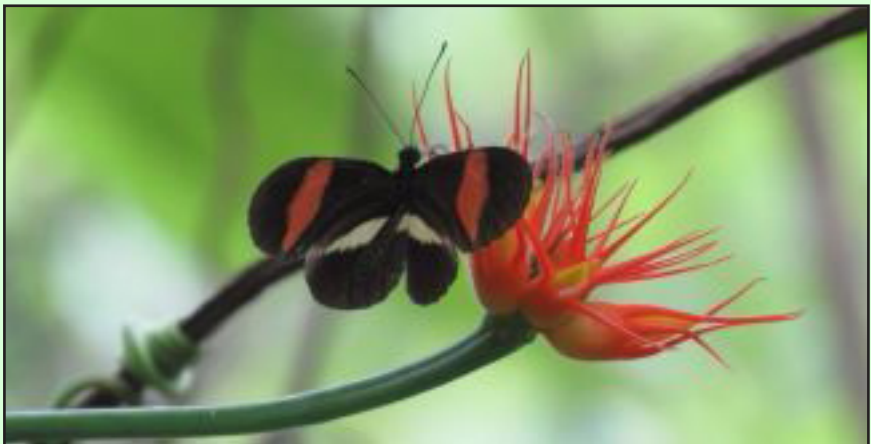
“March is the month God created to show people who don’t drink what a hangover is like.” ~ Garrison Keillor

“Correction does much, but encouragement does more.” ~ Johann Wolfgang von Goethe

“A strong, positive self-image is the best possible preparation for success.” ~ Joyce Brothers

“A perfect spring day! Enjoy it while it lasts because you don’t know what’s coming.” ~ Marty Rubin

“The best preparation for tomorrow is doing your best today.” ~ H. Jackson Brown, Jr.



“Every moment is a fresh beginning.” ~ T. S. Eliot

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Submit letters to Mailbox Editor Lida. [Disclaimer: When you write to Lida, she knows you are really writing to the Mailbox. That means almost everything you say will end up in the LGR.] Send all other articles, humor pieces, isolation woes, photos, etc. to Editor Lida. The editor reserves the right to make minor corrections or modifications for the purpose of clarity or grammatical correctness.

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mensa world journal

MARCH 2023 EDITION 122

Kalamata

May 4 - 7 Annual Gathering 2023

ελληνική MENSA

*See p5 for
details of
Hellenic
Mensa's
AG in May*

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from the editor...



- having your breath tested for alcohol has taken on a new meaning according to the latest research on p2
- our Treasurer brings us up-to-date with finances on p3
- on p4, check out some of the events happening around the Mensa world along with advance news of the 2023 Photocup and Poetry competitions
- "Words..." is on p6, and on p7 is our Mensa Profile of the month
- p8 brings us the MIL Budget for 2023
- on p9, we learn that men are slowly losing their Y chromosome, but there's a new sex gene discovery, and John Blinke's "Supplementally..." is on p10
- our MIL Officer Directory is on p11, while two extra pages, 12 and 13, outline the financial year 2021
- "Therese's Teasers" are on the back cover, as usual.

Happy reading!

Kate

Log in to www.mensa.org to read or download the MWJ in full colour

Deep Learning Algorithm Can Hear Alcohol in Voice

La Trobe University researchers have developed an artificial intelligence (AI) algorithm that could work alongside expensive and potentially biased breath testing devices in pubs and clubs.

The technology can instantly determine whether a person has exceeded the legal alcohol limit purely by using a 12-second recording of their voice.

In a paper published in the journal *Alcohol*, the study, led by PhD student Abraham Albert Bonela and supervised by Professors Emmanuel Kuntsche and Associate Professor Zhen He, from the Centre for Alcohol Policy Research and the Department of Computer Science and Information Technology at La Trobe University, respectively, describes the development of the Audio-based Deep Learning Algorithm to Identify Alcohol Inebriation (ADLAIA) that can determine an individual's intoxication status based on a 12-second recording of their speech.

According to Albert Bonela, acute alcohol intoxication impairs cognitive and psychomotor abilities, leading to various public health hazards such as road traffic accidents and alcohol-related violence.

"Intoxicated individuals are usually identified by measuring their blood alcohol concentration (BAC) using breathalysers that are expensive and labor-intensive," Albert Bonela said.

"A test that could simply rely on someone speaking into a microphone would be a game changer."

The algorithm was developed and tested using a database dataset of 12,360 audio clips of inebriated and sober speakers. According to the researchers, ADLAIA was able to identify inebriated speakers - with a BAC of 0.05% or higher - with an accuracy of almost 70%. The algorithm had a higher performance of almost 76% in identifying intoxicated speakers with a BAC of higher than 0.12%.

The researchers suggest that one potential future application of ADLAIA could be the integration into mobile applications and to be used in environments (such as bars and sports stadiums) to get instantaneous results about inebriation status of individuals.

"Being able to identify intoxicated individuals solely based on their speech would be a much cheaper alternative to current systems where breath-based alcohol testing in these places is expensive and often unreliable," Albert Bonela said.

"Upon further improvement in its overall performance, ADLAIA could be integrated into mobile applications and used as a preliminary tool for identifying alcohol-inebriated individuals."

Neurosciencenews.com Jan. 6, 2023

articles - poetry - member achievements...

Send your submissions to the Editor at

mwjeditor@mensa.org

from your executive committee

from the Treasurer, Jacek Cywinski

Hello! It is time for the financial update. I want to focus on two pieces of information: the approved financial statements for the year ended 31 December 2021 and the approved budget for 2023. To provide you with some background for the 2023 budget, I would like to share with you a brief assessment of 2022 as well.

2021 Financial statements (see pp12 and 13)

Income statement for the year ended 31 December 2021 shows a surplus of 104,943 GBP, with revenue sitting at 382,160 GBP and costs at 277,217 GBP. The component income decreased by 7.5% in comparison to the previous year. The administrative expenses increased by 16.3% in comparison to the previous year, mostly due to the cancellation of the IBD meeting in Houston (cancellation costs) and name/logo protection costs. The highest cost is running the Mensa International Office (47.2%) followed by the name protection (18.6%). As of 31 December 2021, Mensa International had 967,844 GBP on bank accounts. Due to the level of the multi-year membership fees received in advance in the last couple of years, we decided to recognise it in our accounts as material and spread across 20 years.

2022 – year in progress

Although you will read this in 2023, it takes some time to prepare fi-

nancial reporting for 2022. Therefore, I will refer you to the Revised Budget for 2022, which was updated in October 2022. Some costs related to big ticket items such as Adaptive Testing did not occur. Hence, we saved 65,000 GBP in 2022 because of that. Our revenue for the year is forecasted to be around 2% higher than in 2021.

2023 budget (see p08)

The budget assumes that the component income will be similar to the previous years, which considers the impact of COVID19. In my opinion, the cautious approach is still the best under the circumstances. 2023 budget assumes a small loss due to the variety of factors. Firstly, we assumed safely the turnover (potentially and hopefully underestimated). National Mensas reported less revenue due to lower membership numbers or discounts on membership fees. Secondly, we assumed higher costs (especially travel to the IBD in Dallas). Thirdly, the UK (and probably your country as well) faces unprecedented inflation, so we needed to account for it, as Mensa International Limited is registered in the UK. In general, the costs are potentially overestimated due to the continuous uncertainty caused by COVID19 – the cost of international travel might be still potentially higher rather than lower,



especially that USD stays strong in comparison to other currencies. However, some plane fares have been getting a bit more affordable. Anyway, we can afford the small loss due to previous surpluses and there is no need to increase the rate of component above 7%. Therefore, we should go through 2023 without any difficulties.

Your help in growing our organisation is now more important than ever. Every bit of volunteering means quite a lot, and abovementioned data shows that you have been actively growing the organisation regardless of the extraordinary circumstances. If you haven't recently had much involvement with Mensans in face-to-face meetings, remind yourself of amazing times from the past. It's always good to look at old photos from previous events – let's get back to these times and make it happen again. Please accept my challenge! I am hoping that it will be possible to see you at one of the international events in 2023.

Continued on p04

Continued from p03

Thank you for reading my update. If you have any questions do not hesitate to contact me – I totally understand why some people are interested in financial data.

Your Treasurer,

Jacek

treasurer-mil@mensa.org



Mensa International Competitions, 2023

Mensa holds two international competitions each year and all members in good standing from anywhere in the world are welcome to enter with no entry fee.

The first of these is the search for the Mensa International Photographer of the Year 2023, and the second is the Mensa International Poetry Competition, 2023.

Check the mensa.org website and the MWJ for rules and dates, or (if concerning the Poetry Competition), write to the poetry coordinator Kate Nacard at katenacard1@gmail.com.

Good luck to all!

what's on...



MY-Easter

April 1-9, 2023 Denmark

(see p5 for details)

Hellenic Mensa Annual Gathering

May 4-7, 2023

Kalamata, Greece

(see p5 for details)

Mensa Foundation Colloquium

July 4, 2023, 8:30 am

Giftedness Across the Lifespan: The Talent and Potential of Neurodiversity

Registration information can be found on the Mensa Foundation website. This event will be presented in person but will also be available via livestream.

American Mensa Annual Gathering

July 5, 2023, 12:00 pm

The 2023 Annual Gathering is dropping anchor on the East Coast, and we're going to make a real splash on the Harbour!

All details can be found on the AG 2023 website.

EMAG 2023 - Rotterdam,

The Netherlands

August 2, 2023

Mensa The Netherlands is proud to present EMAG 2023!

You are all more than welcome to join us in Rotterdam - we'd love to see you there!

For more details, go to <https://en.rotterdam.info/visitors-info/roaming-rotterdam/> You can also subscribe to get updates.

MY-Easter

Celebrate Easter in style with 200 young Mensans in maximum hygge



After the success of the first MY-Easter in 2022, we are returning to the scene of the awesome: Denmark! The theme is Wild Wild East(er), so get ready for cowboy adventures, martial arts shenanigans, and cuddly bunnies!

Join our 24/7 fun where you can play board games, taste exotic food and drinks, learn from other Mensans, have life-changing conversations and epic nights with karaoke, beer pong, a pub quiz, open mic night, and a costume party to end it all.

All Mensans and +ones above 18 are welcome! The event is geared toward the young, but the comforts of this venue will satisfy even the most demanding young-at-hearts. Super cozy rooms (1-3 beds) with excellent soundproofing, plenty of activity rooms to use, warm dinners designed by our M chef, and a real cocktail bar manned by campers!

Room prices:

3-beds: 280 euro
Double/twin: 370 euro
Single: 460 euro

Prices include 8 nights of accommodation, warm dinner every day + 24/7 access to the self-service Eternal Kitchen, and basic activities.

Sign-up started on 10 January 2023 at www.my-easter.org. If this is your first time, head over there now, create an account and top up with some money before the time comes!

Join the event's Facebook group: <https://www.facebook.com/groups/wildwildeaster> or join the Telegram channel to get all the important announcements: <https://tinyurl.com/MYEaster23>

See you there!

MENSA INTERNATIONAL

TO READ OUR WELCOME LETTER OR ACCESS LINKS TO USEFUL INFORMATION & SERVICES FOR NEW MEMBERS, PLEASE GO TO

https://bit.ly/MI_welcome

HELLENIC MENSA ANNUAL GATHERING – HMAG 2023

After six highly successful meetings in previous years, HMAG 2023 will take place from Thursday May 4 to Sunday May 7, 2023, in Kalamata.

Hellenic (Greece) Mensa Annual Gathering 2023 is acquiring an international character with the participation of Mensans from other countries as well!

The program includes excursions to Pylos and Methoni, as well as visits to Ancient Messene and Mystras. In addition, as always, we will make new acquaintances and have fun with a demanding treasure hunt and board game tournaments.

HMAG 2023 Program:

Thursday May 4

14:00 – 23:00 | Ostria Hotel Check in – Kalamata
17:30 | Departure by coach from Athens with stopovers
20:00 – 23:00 | Registration – Hotel Check in
22:30 – 02:00 | Board games

Friday May 5

08:00 – 09:30 | Breakfast
09:30 – 11:30 | Visit to the Mycenaean Palace of Nestor archaeological site
12:00 – 16:00 | Departure for Pylos – Visit to the Castle of Pylos – Lunch

For up-to-date information, please see Facebook page <https://www.facebook.com/HellenicMensaAnnualGathering>

words...

Even more sinister...

Being of sinistral bent myself, I identified with an article I reread recently on left-handedness. My delight was fanned when I discovered that we lefties form an elite 7-10% of the population and that so many of us are creative and artistic. Some would claim we're also more intelligent! In *Right-Hand, Left-Hand*, Chris McManus (of University College London) argues that the number of lefties is increasing and that historically we have a disproportionate number of high-achievers because our brains are structured in such a way that a greater range of abilities is open to us. Other researchers at John Hopkins University found in 2006 that tertiary-educated, leftie men are 15% richer than their dextrous colleagues and 26% richer if they graduated!

However, apart from these findings, along with the peoples of the Andes believing that left-handers have special spiritual abilities, and in Buddhist tantras, the left hand represents wisdom, it seems that the positives remain few. Now, I already knew (well, who could fail to know!) some of the derogatory connotations of being a molly-dooker (forgive my using an Aussie term here), but was quite surprised (no – very surprised) to find that historically, the evilness of left-handedness stretches way past the Latin-inspired language of Western Europe (and hence the Americas and Antipodes) to ancient Mesopotamia, ancient China and India. In

ancient Semitic and Mesopotamian languages, while “left” symbolised power, it also symbolised the power to shame society, and was used as a metaphor for misfortune, evil, or punishment from the gods.

Centuries later, this metaphor was integrated into Christianity by early Catholic theologians such as Ambrose of Milan, and modern Protestant theologians such as Karl Barth, to attribute natural evil to God in explaining God's omnipotence over the universe.

In many European languages today, “right” is not only a synonym for correctness, but also stands for authority and justice: German *Recht*, French *droit*, Spanish *derecho*, Portuguese *direito*. The right hand, has long been held as pertaining to skill (witness ‘dexterity’ coming from the Latin *dexter* meaning right-handed), and in Spanish, *dextro* means both right-handed and skilful as does the Italian *destro*.

Meanwhile, the English word *sinister* comes from the Latin word *sinistra*, which originally meant “left” but which took on meanings of “evil” or “unlucky” by the Classical Latin era. But all may not be lost as *sinister* could also come from the Latin word *sinus* meaning the pocket on the left side of the toga. (This sounds good to me - the left hand, the ‘favoured hand’ resting in



the pocket while the right one does all the gesticulating...)

Sadly, though, the left side is often associated with awkwardness and clumsiness, the English expression “having two left feet”, and the Polish, Dutch, German, Bulgarian, the Czech and French all having similar expressions for clumsiness. In ancient China, the left has always been the bad, improper side and in Mandarin the “left path” stands for illegal or immoral means.

In Welsh, the word *chwith* means left, but can also mean strange, awkward, or wrong; in Finnish, *oikea* means both right (correct) and right (the opposite of left); in Swedish, *vanster* means left and *vansterprassel* means adultery and cheating, and, in Polish, *lewy* means both left (opposite of right) and, colloquially, illegal.

It gets worse. Muslims use the left hand for cleaning oneself with water after defecating while the right hand is used for eating. Apart from death, there can perhaps be no greater punishment than having one's right hand cut off so that the ‘toilet’ hand is also the eating hand...

Continued on p11

member profile

by Susan Jensen

Danijel Lasic, 39, of Croatian Mensa is the kind of father any kid would want to have — organized yet relaxed, responsible yet artistic, and, most of all, really into playing and creating games.

Born in Sisak, Croatia, Danijel grew up as an only child with a lot of friends. From his earliest memory, he was creating games in his head whenever he had a free moment, such as when he was eating breakfast or waiting in a doctor's office. He would then spend hours each day putting the ideas to paper.

As a toddler, Danijel enjoyed listening to English TV shows and before he was five years old, he was fluent in English just by watching TV. He had an excellent memory for poems, letters and words and was reading and writing long before he began school. He was also able to do mathematics in his head at a very young age.

School was so easy for him that he didn't need to study at home. This proved a problem when he got into more advanced work and lacked the study habits needed to be successful.

Danijel met his wife Silvija when he was nineteen in an online chatroom. They have been married for twelve years and have a 4 ½ year old son and a cat, Luna.

The desire to create games on paper led to a desire to create things on the computer. Danijel earned a Masters degree in computer science



and has been employed in the IT field for fifteen years.

He is passionate about his hobbies which include creating mobile apps and games (he was the first Croatian developer to create a Croatian app for Apple). He enjoys making detailed abstract pencil drawings and playing guitar.

Danijel joined Mensa eleven years ago and enjoys connecting online with Mensans around the globe on Facebook and LinkedIn.

Right now, he and his family live in Augsburg, Germany where he works remotely for an American company.

Danijel's son Jonas is good with numbers, speaks English, German

and Croatian (at a 4 year old level) and is quite creative. Every evening, Jonas chooses a random topic for his Dad to create a story.

The topics he comes up with are broad and creative:

"Dad, tell me a story about 1000 Tuesdays."

"Dad, tell me a story about a small red number 14 named Bob".

"Dad, tell me a story about nothing."

Danijel has yet to attend an in person Mensa event, but hopes to do so in the not too distant, pandemic-free future. He enjoys bouncing ideas off other gamers and welcomes gaming Mensans to email him at:

lasic.danijel@gmail.com

Mensa International Limited

Budget 2023

MIL budget 2023	2022		2022	2023	2024
	Details	Totals	Revised		
IBD		100 000	100 000	130 000	140 000
Excomm		24 000	24 000	26 000	27 000
Development		10 000	10 000	10 000	10 000
OFFICE		140 000	140 000	152 000	158 000
Office Salaries	120 000		120 000	130 000	135 000
Social security	15 000		15 000	16 500	17 000
Office other costs	5 000		5 000	5 500	6 000
SERVICES		13 000	10 000	10 000	11 000
Bookkeeping	4 000		3 000	3 000	3 500
Accountancy & Audit	9 000		7 000	7 000	7 500
Website, IT, security & hosting		10 000	25 000	15 000	15 000
Database costs (consultancy)			8 500		-
Legal expenses		100 000	100 000	85 000	90 000
Referendum expenses		8 000	-	7 000	-
OTHER EXPENSES		238 000	65 370	17 500	18 000
Database implementation and processing	120 000		15 870	-	
International Volunteers			-	3 000	3 000
Mensa Foundation - International Scholarships (2022-2024)	16 000		16 000	-	-
Awards budget	1 000		1 000	1 000	1 000
DIMs	2 000		2 000	2 000	2 000
The First European Mensa Juniors Camp	4 000		4 000	-	-
Mensa International Charitable Foundation - initial funding	10 000		10 000	-	-
IVN	5 000		5 000	3 000	3 000
GLAM	5 000		-	-	-
Adaptive testing	65 000		-	-	-
Supervisor Psychologist Honorarium	2 000		2 000	2 000	2 000
Archives	3 000		3 000	-	-
Honorary President	-		1 500	1 500	1 500
Publications	500		500	500	500
Other fees (including bank and PAYPAL fees)	4 500		4 500	4 500	5 000
Total cost		643 000	482 870	452 500	469 000
Revenue		2022	2022R	2023	2024
Component		430 000	371 000	380 000	400 000
Other income		9 000	9 000	10 000	10 000
DIM		9 000	9 000	10 000	10 000
Total revenue		448 000	389 000	400 000	420 000
Planned Profit (+) / loss (-)		- 195 000	- 93 870	- 52 500	- 49 000
Component		7%	7%	7%	7%

Men are slowly losing their Y chromosome, but there's a new sex gene discovery...

The sex of human and other mammal babies is decided by a male-determining gene on the Y chromosome. But the human Y chromosome is degenerating and may disappear in a few million years, leading to our extinction unless we evolve a new sex gene.

The good news is two branches of rodents have already lost their Y chromosome and have lived to tell the tale. A new paper in *Proceedings of the National Academy of Science* (PNAS) shows how the spiny rat has evolved a new male-determining gene.

How the Y chromosome determines human sex

In humans, as in other mammals, females have two X chromosomes and males have a single X and a puny little chromosome called Y. The names have nothing to do with their shape; the X stood for "unknown".

The X contains about 900 genes that do all sorts of jobs unrelated to sex. But the Y contains few genes (about 55) and a lot of non-coding DNA – simple repetitive DNA that doesn't seem to do anything.

But the Y chromosome packs a punch because it contains an all-important gene that kick-starts male development in the embryo. At about 12 weeks after conception, this master gene switches on other genes that regulate the development of a testis. The embryonic testis makes male hormones (testosterone and its derivatives), which ensures the baby develops as a boy.

This master sex gene was identified as SRY (sex region on the Y) in 1990. It works by triggering a genetic pathway starting with a gene called SOX9 which is key for male determination in all

vertebrates, although it does not lie on sex chromosomes.

The disappearing Y

Most mammals have an X and Y chromosome similar to ours; an X with lots of genes, and a Y with SRY plus a few others. This system comes with problems because of the unequal dosage of X genes in males and females.

How did such a weird system evolve? The surprising finding is that Australia's platypus has completely different sex chromosomes, more like those of birds.

In the platypus, one XY pair is just an ordinary chromosome, with two equal members. This suggests the mammal X and Y were an ordinary pair of chromosomes not that long ago.

In turn, this must mean the Y chromosome has lost 900–55 active genes over the 166 million years that humans and platypus have been evolving separately. That's a loss of about five genes per million years. At this rate, the last 55 genes will be gone in 11 million years.

Our claim of the imminent demise of the human Y chromosome created a furore, and to this day there are claims and counterclaims about the expected lifetime of our Y chromosome – estimates between infinity and a few thousand years

Rodents with no Y chromosome

We know of two rodent lineages that have already lost their Y chromosome – and are still surviving. The mole voles of eastern Europe and the spiny rats of Japan each boast some species in which the Y chromosome, and SRY, have completely disappeared. The X chromosome remains, in a single or double dose in both sexes.

Although it's not yet clear how the

mole voles determine sex without the SRY gene, a team led by Hokkaido University biologist Asato Kuroiwa has had more luck with the spiny rat – a group of three species on different Japanese islands, all endangered.

Kuroiwa's team discovered most of the genes on the Y of spiny rats had been relocated to other chromosomes. But she found no sign of SRY, nor the gene that substitutes for it.

Now at last they have published a successful identification in PNAS. The team found sequences that were in the genomes of males but not females, then refined these and tested for the sequence on every individual rat. What they discovered was a tiny difference near the key sex gene SOX9, on chromosome 3 of the spiny rat. A small duplication (only 17,000 base pairs out of more than 3 billion) was present in all males and no females.

They suggest this small bit of duplicated DNA contains the switch that normally turns on SOX9 in response to SRY. When they introduced this duplication into mice, they found that it boosts SOX9 activity, so the change could allow SOX9 to work without SRY.

What this means for the future of men

The imminent – evolutionarily speaking – disappearance of the human Y chromosome has elicited speculation about our future.

Some lizards and snakes are female-only species and can make eggs out of their own genes via what's known as parthenogenesis. But this can't happen in humans or other mammals because we have at least 30 crucial "imprinted" genes that work only if they come from the father via sperm.

Continued on page 11

supplementally...

by John Blinke

Bright Lights

ScienceDaily, November 30, 2022.

“Mysteriously Bright Flash Is A Black Hole Jet Pointing Straight Toward Earth, Astronomers Say.” (Nature Astronomy)

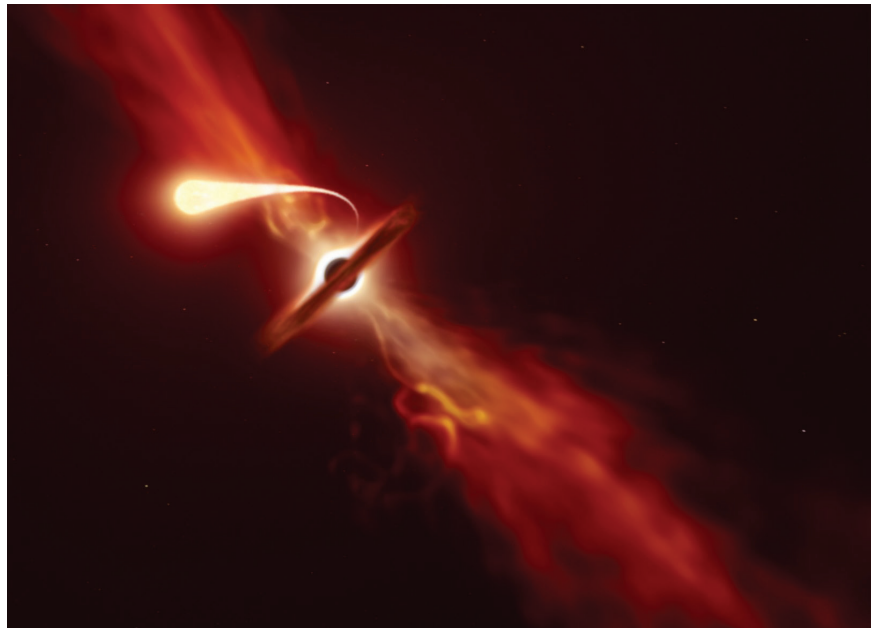
Decades ago, astronomers discovered bright X-ray sources in the sky. When technical advances allowed them to see more detail, they found that the objects were often galaxies with jets of energy streaming away, perpendicular to the disks. Lately, other astronomers have discovered four inexplicably bright X-Ray sources. They think these may be cases where one of those jets is pointing directly at us. You can imagine that a flashlight beam would seem brighter if it pointed at your eyes rather than in some other direction. But in cosmic jets there is a “Doppler boost” that enhances the effect even more. Astronomers expect to see more of these in the future as better instruments come online.

Star in a Bottle

Science News, December 12, 2022.

“In A Breakthrough Experiment, Nuclear Fusion Finally Makes More Energy Than It Uses.” Contributed by Chip Taulbee.

Scientists at Livermore National Lab’s National Ignition Facility (NIF) have reached the holy grail of power generation: controlled nuclear fusion. After a hundred failures and many



modifications to the apparatus and fuel, a single shot of the NIF laser resulted in more power coming out than had been put in: two million joules in, three million joules out. This only counts the laser energy, not the overall power consumed by the facility. The important thing is that we know inertial fusion is possible under ideal conditions. It’s up to engineers to take us the rest of the way to commercial fusion power production.

Wimpy

Dr Karl’s Great Moments In Science.

“Lazy Sun Is Less Energetic Than Compost.”

The sun generates enough energy to warm the Earth 150 million kilometers away. Yet, on a watt per volume basis, it only makes as much heat as a compost pile. The trick is that the sun has a lot more volume than a compost pile. And the sun’s energy is mostly produced in the middle fourth of its volume where pressure of the surrounding material compacts the hydrogen to about ten times the density of lead and around 16 million degrees C. This way, hydrogen atoms are close to each other and can

interact often enough to power a star.

In Your Head

Eurekalert, December 6, 2022.

“Scientists Uncover Biological Explanation Behind Why Upper Respiratory Infections Are More Common In Colder Temperatures.” (Journal of Allergy and Clinical Immunology)

If it seems to you that you get more colds and flu in winter, you are correct. And it isn’t because we spend more time crammed together indoors. Scientists at Northeastern University have shown that a previously unknown immune mechanism in the nose is suppressed in cold weather. They found that when infectious particles enter the nose, billions of tiny extracellular vesicles (EV) surround invading organisms. They gang up on invaders, occupying all the binding sites that would let them attack host cells. Then the little warriors hustle bacteria-fighting proteins from the nose farther down the air way. This EV activity is reduced drastically in cold weather.

Photo: University of Birmingham

Continued from p06

Various theories vie for the reason for left-handedness, the foremost being the Geschwind theory. It suggests that exposure to higher levels of testosterone before birth suppress the development of the left cerebral hemisphere and the subsequent highly-developed right hemisphere, which looks after the left side of the body, results in the child being left-handed.

Whatever the reason, happily, society today is a little more accepting of the left-hander than as (relatively) recently as 50 years ago. My sister was forced to write with her right hand in preparatory school, but has ended up drawing with her left hand and playing sports (tennis and golf) with her left hand. I write with my

left hand but play sports with my right. (It's a pity I wasn't a writer of Persian, Arabic, Urdu, Hebrew or any other right-to-left script so that I wouldn't be running my hand left to right over my script and leaving smudges...).

But there are even leftie shops now with such great inventions as left-handed scissors, potato-peelers, corkscrews and can-openers! Heavens! If I really wanted one, I could even have a left-handed trumpet!

Being a leftie is all right, I say! (And just as well champagne bottles aren't fussy about the handedness of who opens them...)

Kate Nacard

Continued from p09

To reproduce, we need sperm and we need men, meaning that the end of the Y chromosome could herald the extinction of the human race.

The new finding supports an alternative possibility – that humans can evolve a new sex determining gene. Phew!

A “war” of the sex genes could lead to the separation of new species, which is exactly what has happened with mole voles and spiny rats.

So, if someone visited Earth in 11 million years, they might find no humans – or several different human species, kept apart by their different sex determination systems.

Extracted from theconversation.com December 6, 2022

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Mensa International Limited

Company Limited by Guarantee

Statement of Income and Retained Earnings

Year ended 31 December 2021

		2021	2020 <i>(restated)</i>
	Note	£	£
Turnover	5	382,160	430,042
Gross profit		<u>382,160</u>	<u>430,042</u>
Administrative expenses		277,217	238,386
Other operating income	6	<u>–</u>	<u>1,447</u>
Operating profit	7	<u>104,943</u>	<u>193,103</u>
Profit before taxation		<u>104,943</u>	<u>193,103</u>
Tax on profit		<u>–</u>	<u>–</u>
Profit for the financial year and total comprehensive income		<u>104,943</u>	<u>193,103</u>
Retained earnings at the start of the year (as previously reported)		833,512	577,891
Prior period adjustments		<u>(62,518)</u>	<u>–</u>
Retained earnings at the start of the year (restated)		<u>770,994</u>	<u>577,891</u>
Retained earnings at the end of the year		<u>875,937</u>	<u>770,994</u>

All the activities of the company are from continuing operations.

Mensa International Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

4. Company limited by guarantee

Mensa International Limited is a company limited by guarantee where every member undertakes to contribute as may be required (not exceeding £1) to the Company's assets if it should be wound up.

5. Turnover

Turnover arises from:

	2021	2020 <i>(restated)</i>
	£	£
Rendering of services	<u>382,160</u>	<u>430,042</u>

In the year to 31 December 2021 84% (2020: 85%) of the company's turnover was derived from markets outside of the United Kingdom & Ireland.

Component income is analysed geographically as follows:

	2021	2020
	£	£
USA & Canada	169,552	200,018
UK & Ireland	59,424	62,491
Europe	134,372	136,482
Asia-Pacific	16,196	28,571
South Africa	1,498	1,088
South America	1,118	1,392
	<u>382,160</u>	<u>430,042</u>

The whole of the turnover is attributable to the principal activity of the company wholly undertaken in the United Kingdom.

















6. Other operating income

	2021	2020 <i>(restated)</i>
	£	£
Other operating income	<u>—</u>	<u>1,447</u>

Therese's BRAIN TEASERS

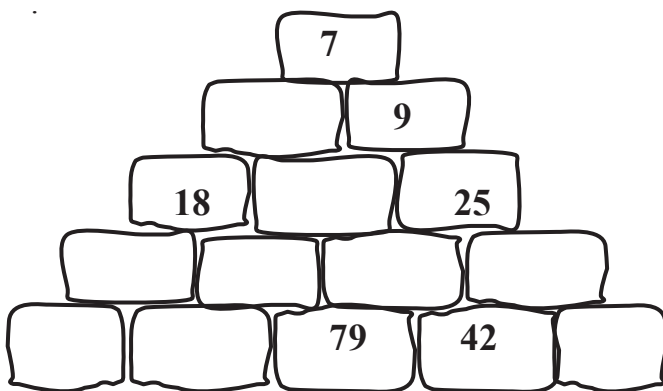
Cryptosum

Each symbol represents a different digit from 1 to 9. The sum of the digits in each row and column is shown. Find the sum of the numbers along the diagonal line starting from the top left-hand corner.

				23
				20
				21
				21
13	25	17	30	?

Cairn

The number on each stone represents the difference between the numbers in the two stones on which it sits. There is a two-digit number in each of the bottom stones, using the digits 0-9 once each.



Rebus

Not pleasure!



Anagram riddle

Eight letters have I, you can change them around
To spell words which vary by more than a sound:

- Of old Italian region (was really quite hip)
- Half men, half horses (they give me the pip)
- Non-churchgoer, rebel (he's not going to flip)

Now that you've solved me, which words have you found?

wordsquare

Each of the clues below has a five-letter solution. Rearrange the order of your answers and place in a 5x5 grid so that 1 Across = 1 Down; 2A = 2D etc.

- Tears
- Nonsense
- Map
- Sports ground
- Leaser

Crypto-culture

Old Swiss coin is preceding breakfast rashers
for knighted philosopher/essayist. (7, 5)

Answers

Cryptosum: 21 (4 + 8 + 2 + 7) **Cairn:** 61 58 79 42 30 **Rebus:** Bus-in-ess **Anagram Riddle:** Etruscan, Centaurs, Recusant **Wordsquare:** Chart Hirer Arena Rends Trash **Crypto-culture:** Francis Bacon

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